

# EMERGENCY DINNERS

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THE  
Amateur  
Cook's  
Manual

By CORDON ROUGE





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## PREFACE.

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The main object in issuing this manual of plain and middle-class recipes is, as its title explains, offered in the hope that it may prove helpful to those ladies of the household who may find themselves suddenly without a cook (by no means a rare occurrence nowadays). With but few exceptions the recipes are for such dishes which do not take long to prepare; they are mostly inexpensive, and the directions given will be found easy to follow.

The time required for cooking has been stated in nearly every case; but a cook should understand her stove, so as to be able to gradually calculate the exact time required for each dish without any special directions.

Several recipes for richer or more elaborate dishes have been introduced. These are distinguished from the more simple dishes by an asterisk (\*). Those who wish for high-class dishes will thus be able to find such recipes without difficulty.

A special chapter has been devoted to Invalid Cookery, which comprises a number of useful recipes for dishes suitable for the sick and convalescent.

The Specimen Menus for Breakfasts, Luncheons, and Dinners, as well as the Dinner Party Menus, given at the

end of the book, will, it is hoped, save both trouble and thought to the housekeeper or the Amateur Cook.

Two things are essential for anyone attempting to cook from a recipe.

1st.—Patience and perseverance are necessary, and attention must be given to the smallest details; because just as much care must be taken in preparing a simple dish as a more elaborate one.

2nd.—Before attempting to make a dish, the directions should be at least once carefully read, and the quantities of ingredients given in the recipes exactly followed; much of the success of a dish depends on the careful attention by which the directions given are followed.

C. H. S.



## HORS-D'ŒUVRE DISHES.

### PRAWNS AND SHRIMPS.

These make an excellent hors-d'œuvre and need no preparation beyond ranging them neatly, overlapping each other, on small hors-d'œuvre dishes.

As an alternative, half a lemon studded with prawns placed in the centre of a flat dish, and surrounded with prawns or pink shrimps, and garnished with parsley, makes a pretty dish.

### CANAPÉS À LA DARVELLE.

Prepare oval-shaped pieces of toasted or fried bread, spread one side of each with anchovy paste, and finish with alternate layers of ham and caviare; then decorate them with hard-boiled eggs and aspic and dish up.

### CANAPÉS À LA GENÉVOISE.

Prepare some oblong croûtons of fried bread, spread them with a paste composed of anchovy butter, sardine, and ham. Garnish with hard-boiled yolk and white of egg and parsley; dish up and serve.

### CANAPÉS À LA SELON.

Butter lightly some water biscuits, cover them with slices of hard-boiled egg dipped in lemon-juice and coated with chopped parsley, put a teaspoonful of caviare in centre, and garnish with prawns.

### SARDINE CANAPÉS À LA FRANÇAISE.

Prepare some small oblong fried bread croûtons; when cold cover each with sardine paste, upon this place layers of sardine fillets, besprinkle with a little finely chopped parsley, then coat the surface of each with a layer of cold rémoulade sauce. Dish up neatly, garnish, and serve.

### CAVIARE CANAPÈS.

Prepare some slices of toasted bread, butter them, and stamp out into rounds about 1½ inches in diameter. Spread these on one side thickly with Russian caviare, place half a stoned Spanish olive in the centre of each, put a sprig of parsley or watercress on top of the olive, dish up and serve cold. If required to be served hot as savoury, put the rounds of toast with caviare in a hot oven for five minutes, then dish up and put the olives on them just before sending to table. In either case the dish should be garnished with fanciful cut slices of lemon, and hard-boiled whites of eggs.

### CAVIARE BÂTONS À LA RUSSE.

Spread one side of four slices of toasted bread with fresh Astrachan caviare; cut them into finger shapes, and place them in a dry tin, cover with a lid, and pack the tin in crushed ice and salt for two hours.

Just before serving decorate each with whipped cream and green herb butter, flavoured with finely pounded shallot and lemon-juice. Dish up neatly on a china or silver dish, and garnish to taste.

### OLIVES À LA TARTARE.

Stamp out some slices of brown bread with a 1½-inch cutter. Have ready a gill of stiff Tartare sauce with which half a gill of aspic jelly has been incorporated. Dip each round of bread in the sauce to mask completely. Place them on a dish to set. Stone as many Spanish olives as there are rounds of bread, fill each with Tartare sauce, place one in the centre of each croûte, dish up on little glass dishes, put a shrimp-tail or small prawn-tail in each olive, garnish with parsley, and serve.

The rounds of bread must be very thickly masked; if not satisfactory at first, coat for a second or even a third time.

### ANCHOVY OLIVES.

Stone the required number of Spanish olives and stuff them with anchovy butter or anchovy cream. Twist a whole anchovy fillet round each olive. Dress them neatly on a bed of finely shredded lettuce, on a hors-d'œuvre dish, and serve.

### OLIVES À LA MADRAS.

9 Spanish olives, 9 anchovy fillets, 2 hard-boiled eggs,  $\frac{1}{2}$  teaspoonful of chutney, 1 dessert-spoonful of anchovy sauce or paste, 1 oz. of butter, cayenne and salt, 9 fried bread croûtes, or rounds of triscuit fried in butter.

Stone the olives, pound in a mortar the butter, anchovy paste, yolk of eggs, chutney, and seasoning, and rub them through a sieve. Spread a little of the purée on each croûte, put a stoned olive filled with the same purée on each. Decorate with coral and chopped white of egg. Curl an anchovy fillet round the base of each olive, dish up, garnish with parsley, and serve.

### OYSTER COQUILLES À LA SUÉDOISE.

Open 8 to 10 large oysters, and beard them. Clean the deep shell of each oyster and place them on the ice with a finely-chopped shallot and a few drops of lemon-juice. Put a teaspoonful of Russian caviare into each oyster shell and place an oyster upon it. Pour a teaspoonful of vinaigrette dressing over each. Garnish with tiny sprigs of parsley, dish up, and keep on the ice until wanted for table. Hand a plate of thinly cut and buttered brown bread with this dish when serving it.

### EGG SALAD (Salade aux Œufs).

Shred finely, or cut into small julienne strips, the whites of 5 hard-boiled eggs. Rub the yolks through a coarse sieve, and mix with oil, vinegar, salt, and pepper, then add the shredded white of egg and blend carefully. Dish up, sprinkle over a little chopped parsley, and serve.

## EGGS À LA FÉLIX.

Cut 4 hard-boiled eggs into  $\frac{1}{2}$ -inch thick slices, remove the yolks, and place the whites on small rounds of toasted bread, or plain milk biscuits; fill the cavities with a salpicon composed of dice-cut pieces of gherkins, fillets of herring (marinated), and stoned olives, seasoned with mayonnaise, and put a small round of pimienta on top of each. Dish up, garnish, and serve.

## ANCHOVIES À LA NORVÉGIENNE.

Prepare some fillets of Norwegian anchovies, trim neatly; have ready three hard-boiled eggs, chop up two coarsely, yolk and white separate; dish up on hors-d'œuvre dishes; season with a little chopped chervil and red pepper; sprinkle with a little oil and vinegar. Place the anchovy fillets over the top in the shape of lattice-work; then ornament with fancy slices of lemon, quarters of hard-boiled egg, and parsley.

## OYSTER TARTLETS WITH CAVIARE.

Some very thinly cut slices of buttered brown bread and quarters of lemon are handed round at the same time; also Nepaul or cayenne pepper.

Line the required number of small tartlet moulds thinly with a short crust paste and bake them "blind" to a golden colour. When cold, put a dessert-spoonful of fresh caviare in each crust so as to spread over the bottom. Upon this place a bearded oyster. Sprinkle over a few drops of lemon-juice and a tiny pinch of pepper. Dish up, garnish with parsley, and serve.

## OYSTER CHAUD-FROID.

Blanch in their own liquor 12 large natives, drain them, and remove the beards. Have ready some aspic mayonnaise (see Auxiliaries), coat each oyster well with this, and let them set on the ice on a wire tray. Stamp out some dot shapes of red pimienta, place these in rings of olives and set one in the centre of each oyster. Mask with a little dissolved aspic, and place them on little round croûtes of fried or toasted bread. Dish up, and garnish with parsley.

# SOUPS AND BROTHS.

## ON THE MAKING OF SOUPS.

No part of cookery seems to be so imperfectly understood by ordinary cooks as the preparation of soups. Among the upper classes of society soup always forms a portion of the dinner, and they do not consider a meal complete without it. Among the middle classes it is being more appreciated, but, unfortunately, among the lower classes soup is often looked upon with disdain. This can only be regarded as a sign of ignorance. It is therefore hoped that the following practical hints and recipes will be the means of promoting the more general adoption of this article of diet.

Soups, when properly prepared, are nourishing, as well as wholesome. Many of the plain soups can be made without much trouble, and with little expense. It is an acknowledged fact that a good soup or a broth is a most nutritive and sustaining diet. By partaking of good soup one is better prepared to enjoy the more solid portion of a meal.

It must be remembered that a little soup of good quality is far better than a large quantity of poor soup.

Soups can be prepared from an endless variety of materials: scraps of meat, bones, fish, all kinds of vegetables, farinaceous articles, such as, rice, oatmeal,

sago, vermicelli, tapioca, macaroni, semolina, peas; also milk, stale bread, &c.

As in all cookery, cleanliness must be strictly observed in the preparation of soups. The utensils used must be perfectly clean. Keep the pot in which you cook the soup uncovered until the contents boil; remove the scum as it rises to the top. In the case of thick soups, keep them well stirred with a wooden spoon, and skim occasionally.

Soups of all kinds should never be allowed to boil fast. You do not need a large fire; the soup should simmer slowly until it is sufficiently cooked. If your fire is smoky, keep the pot covered, otherwise it will give the soup a bad taste.

The most common mistakes made by inexperienced cooks are: too large fires, quick boiling—both very detrimental to the preparation of good soups. The way soups are thickened is another error very often committed. When too much flour is added it makes soups too thick, unsightly in appearance, and the flavour of such soups is overpowered by the taste of flour, which is most unpleasant.

Soups may be thickened with ordinary flour, arrow-root, cornflour, potato flour, and other farinaceous preparations; but in using these thickening ingredients it must be remembered that the full effect cannot be ascertained until the soup has been allowed to boil or simmer for at least ten minutes.

In flavouring soups be careful to add the seasoning in moderation, especially such things as onions, garlic, spice, herbs, salt, and pepper. Remember that salt or pepper can always be added, if found insufficient, but it cannot be taken out. In using salt, the average quantity used should not exceed half an ounce for

If you wish to keep soup for a day or more, it should be boiled up daily, and be kept in a clean earthenware pan, and not in a metal vessel, as is often the case.

### FRENCH POT-AU-FEU SOUP.

(AN ECONOMICAL AND WHOLESOME DISH.)

This dish is as common to the French as roast beef is to the English. The pot-au-feu forms the favourite dish in many households in France, rich and poor alike, and its excellence and value as a sustaining food have been famed for several centuries past. This dish is usually prepared in an earthenware pan, but it can be made in an ordinary metal soup pot, so long as it is thoroughly clean. Here is the method of making a dish of this excellent broth:—

*Procure a piece of shoulder of beef, weighing about 3 lbs., also 1 lb. of bones, an onion stuck with a clove, 1 leek, 2 carrots, 2 turnips, a small bunch of parsley, and a small cabbage.*

Break up the bones, tie up the meat with a piece of string, and put both into a saucepan or soup pot; fill up with about four quarts of cold water, and put it on the fire.

Prepare the vegetables: scrape the carrots and cut in two-inch lengths, peel the turnips and cut in quarters; wash and trim the cabbage, cut in four, or in two if very small, and tie up each piece with string; wash and trim the leek and cut in three. Remove all the scum from the stock as it rises. Do not let it boil; this is prevented by adding at intervals a little cold water. When all the scum is removed, add the vegetables by degrees, including the bunch of parsley previously washed and tied up. Skim again when

the liquor is almost on the boiling point. Now add about half an ounce of salt, a saltspoonful of pepper, six peppercorns, and six whole spice. Remove the pan to the side, cover over lightly, and let it *simmer*—not boil—for about three hours. Cut some pieces of stale bread into thin slices, put them in the oven to dry, and place in a soup tureen. Take off the fat which has risen to the top (put it in a basin for further use), pour the broth into the soup tureen, and serve. The meat can be served separately on a dish, with the vegetables round it, or, if preferred, the vegetables can be cut into small slices and added to the soup. Taste the soup before serving, and add some more seasoning if needed. This dish will cost about 2s. 6d., and will provide sufficient soup, vegetables and meat for six or seven people.

### **BOUILLON, or BEEF BROTH.**

This is simply broth strained from the pot-au-feu; it may be made richer by allowing it to simmer longer, but great care must be taken, so that it does not become cloudy. Bouillon is often served with an egg beaten up. This is put in a soup basin, and the boiling bouillon stirred on to it; a little grated nutmeg and chopped parsley is sprinkled on top and the broth is served very hot.

### **STOCK FOR SOUPS, &c.**

Although many of the recipes direct the use of water for making soups, they can be rendered richer and more nourishing if stock is used instead of water. *Stock* is the liquor in which meat has been boiled or the liquor from the stock pot. Stock can also be made from raw or cooked trimmings of meat, bones, gravy left over from roast meat or stews, &c.



The making of stocks is the most useful commencement in cookery, for these form essentially the basis of most meat preparations. When convenient a little good stock should be kept ready at hand, as it will always prove a useful element in the preparation of simple or high-class dishes, not only for soups, but also for sauces, purées, stews, ragoûts, &c.

### CELERY SOUP.

*1 head of celery, 1 small onion, 1½ oz. of pearl barley, a small bunch of herbs, 1 quart of stock or water, pepper and salt.*

Wash the celery thoroughly in salt and water; peel the onions and cut them up small with the celery; put in a stewpan with stock or water, add the barley and the bunch of herbs, consisting of some parsley, a sprig of thyme, and a sprig of basil. Simmer for one hour; skim and stir from time to time. Remove the bunch of herbs; season to taste with pepper and salt, re-heat, and serve.

### MILK SOUP.

*1 lb. of potatoes, 1 leek, 1 onion, 1 oz. of butter or dripping, 1 tablespoonful of crushed tapioca, ½ stick of fresh celery or 1 teaspoonful of celery seed, 1½ pint of milk, salt, pepper, and nutmeg, 1 quart of stock or water.*

Wash, peel, and slice the potatoes; wash and clean the celery and leek; peel the onion, and cut all into small pieces. Put the dripping, or butter, into a stewpan, add the vegetables, and let them steam over the fire for a few minutes. Pour in the stock or water, which should be boiling; season with pepper, salt, and a little grated nutmeg; boil up, and let

simmer until done. Pass through a colander or sieve ; return it to the stewpan, add the milk and the crushed tapioca. Stir well, and let all simmer for about twenty minutes, when it will be ready for serving. If too thick add a little more stock or water to the soup.

### POTATO PURÉE.

*1½ lb. of potatoes, 2 leeks, 1 oz. crushed tapioca, 2 ozs. butter, 1 pint milk, pepper and salt, 3 pints stock.*

Wash and peel the potatoes, trim and wash the leeks, slice thinly potatoes and leeks, and put them in a saucepan, with the butter ; when thoroughly hot add the boiling water or stock, and let all cook till tender ; mash up the pieces with a wooden spoon to a pulp ; then put in the washed tapioca and milk ; stir until it boils ; skim and simmer for about thirty minutes ; season to taste with pepper and salt, and serve. This soup has the advantage of being substantial as well as nourishing, if properly made.

### MACARONI SOUP.

*1 quart milk, 4 ozs. macaroni, 2 ozs. stale bread, 1 onion, pepper and salt.*

Soak the bread in a little tepid water, put the milk and three pints of water in a saucepan, break up the macaroni in small pieces, and add to the liquid as soon as it boils, peel the onion, and cook tender in salted water, then chop finely, and add, together with the soaked bread, to the soup, stir with a wooden spoon, skim occasionally, and simmer for about an hour, season with pepper and salt to taste, and serve.

This soup can be improved with a well-beaten egg, which should be added just before serving ; the soup

must not boil after the egg is added, or it will curdle. A pinch of grated nutmeg will also improve the flavour.

### NOURISHING PEA SOUP.

1 *pint split peas*, 1 *slice bacon*, 1 *lb. scrag of mutton*,  
1 *onion*, 1 *turnip*, 1 *carrot*, *dried mint*.

Soak the peas in water overnight; put them in a saucepan, with three quarts of water, and simmer gently. Trim the meat from bones and fat, and cut into very small pieces. Clean the vegetables, cut them up small, and put them with the soup. Take off the scum which rises to the top; add the meat to the soup as soon as it has commenced to simmer. Stir occasionally; cut the bacon into shreds, and add likewise. Simmer the whole for two and a-half hours. Take out the meat, and rub the rest through a sieve or colander; return to the saucepan, season with pepper and salt, add the meat again, also another pint of water if found too thick. A little dried mint may be added before or after straining the soup; half a teaspoonful is ample. The bones may be boiled in water beforehand, and the stock can then be used in place of water; this will improve the soup.

### LENTIL SOUP.

Lentils can be used for soup in the same way, as a substitute for split peas. Scrag of mutton may be omitted if a cheaper soup is wanted.

### FAVOURITE SOUP.

1 *pint lentils*, 1 *oz. dripping*, 1 *onion*,  $\frac{1}{2}$  *stick of celery (or celery seeds)*, 2 *carrots*, *pepper and salt*, 2 *quarts water*.

Soak the lentils all night in cold water, melt the

dripping in a saucepan, drain the lentils and put them in the saucepan with the onion, carrots and celery cut in small pieces, stir over the fire for three minutes, then add the water, salt and pepper. Let the soup boil "gently" till the lentils are quite soft, skim it well while boiling, pass through a sieve or colander, or mash well with a wooden spoon, pour it back into the saucepan and warm again over the fire. Serve hot.

### BEEF SOUP.

$\frac{1}{2}$  lb. lean beef, 1 onion, 2 ozs. dripping, 1 turnip,  $\frac{1}{4}$  lb. rice, 1 carrot, 2 quarts of water, pepper and salt.

Cut the meat into small pieces, peel the onion and cut it up; melt the dripping in a saucepan; when hot, put in the onion and fry a little; now add the beef and fry for three minutes, then add the water. Let it come to the boil, take off the scum and add the vegetables, cleaned and cut up small, and the rice.

Let the soup "simmer" gently for an hour or more, stir and skim occasionally, season with pepper and salt, and serve hot.

### MUTTON BROTH.

$\frac{1}{2}$  lb. scrag of mutton, 1 quart water, 1 carrot, 1 turnip, 1 onion, 2 ozs. pearl barley, 1 teaspoonful parsley, 1 teaspoonful salt.

Cut the meat into small pieces, removing the fat, and put it in the saucepan with the cold water; when it boils add the salt and skim well; cut the vegetables into dice, wash the pearl barley and put into the broth and allow it to cook gently for two hours. To serve, take out the bones and cut the meat into small pieces, put them in a tureen with the chopped parsley, and add the hot broth.

### VEGETABLE SOUP.

Wash thoroughly a lettuce, a handful each of sorrel, cabbage, and spinach, then shred into small pieces, and put them into a saucepan over the fire, with two ounces of butter, for at least ten minutes, turning over the vegetables with a fork the while. To this add one quart of hot stock, and simmer for one hour, only letting it boil up at the last. Then add four yolks of eggs and return to the fire, taking care the soup does not boil after the eggs have been added. Stir in a gill of good cream, a piece of butter rolled in flour, and serve in a hot tureen.

### FISH SOUP.

*1½ lb. fish or the bones and trimmings of a large plaice or any other white fish, 2 ozs. dripping, 2 ozs. flour, 2 cloves, a bayleaf, a blade of mace, 1 quart of milk, 1 quart of water, pepper and salt.*

Put the dripping in a saucepan, when hot add the flour, stir over the fire for a few minutes, let it cool a little, then add the milk and a quart of boiling water, stir over the fire until it boils, take off the scum, add the fish bones; cut up in small pieces the fish trimmings, add cloves, mace, and bayleaf, let the whole simmer for thirty minutes, pass it through a sieve or through a colander, return to the saucepan, add sufficient salt and pepper to taste, boil up again, and serve. If you have any cold fish left over, break it up into small pieces, and put it along with the soup after it is strained.

NOTE.—Herrings or mackerel are not suitable for making soup.

**COD FISH SOUP.**

1 lb. of cod fish, 1 oz. butter, 1 onion stuck with 2 cloves, salt and pepper to taste, 1 tablespoonful anchovy essence.

After washing the fish, dry it, put it into a saucepan with the butter, brown both sides of the fish and pour over it one quart of water. Add the onion and salt, boil until the fish is tender. Take out the fish, remove the skin and bones, and rub the fish through a sieve. Chop the onion very finely. Put the fish and onion into the liquor in which the fish was boiled, together with the cloves and pepper. Boil all for thirty minutes, and remove any scum which may arise. Take up, serve very hot. Add the anchovy essence just before serving.

**THICK JULIENNE SOUP.**

1 onion, 1 turnip, 1 carrot, 2 potatoes (small), 1 pint of water or stock, 1 gill of milk, 1 teaspoonful of salt, 1 tablespoonful of flour, 1 oz. of butter.

Prepare all the vegetables the same as for boiling; slice and shred them into small strips. Put the butter into a saucepan, add the vegetables and stir them over the fire for a few minutes, taking care that they do not brown. Add the water or stock. Let the soup simmer for about an hour, or until the vegetables are tender. Mix the flour with the milk to a smooth paste and add it to the soup; boil for ten minutes.

**RICE SOUP.**

$\frac{1}{4}$  lb. of rice, 2 ozs. of butter or dripping, 1 quart of stock or water, 1 quart of milk,  $\frac{1}{2}$  turnip, pepper and salt.

Wash the rice well in several waters, drain, and put it

on in a stewpan with one ounce of butter or dripping, stir it over the fire until the latter has dissolved, add about a pint of stock or water and the milk (hot), let it boil up, take off the scum, and allow it to simmer for about half-an-hour. Cut up the turnip, previously peeled, into small pieces, fry them in an ounce of butter or dripping, add it to the soup whilst simmering; season with white pepper and salt to taste. This soup can be improved by adding two well-beaten yolks of egg and half a gill of cream just before serving.

### SAGO SOUP.

*4 ozs. of sago, 2 quarts of stock, pepper and salt.*

Wash the sago in several waters, put it in a saucepan with the stock, which should be flavoured with vegetables, let it boil gently for half-an-hour or more, take off the scum, and stir occasionally to prevent burning. Should the soup be preferred thicker, allow half to one ounce more of sago to the given quantity. Add pepper and salt to taste.

### BARLEY SOUP.

*$\frac{1}{4}$  lb. of pearl barley, 2 quarts of stock,  $\frac{1}{2}$  pint of milk,  
1 oz. of butter, pepper and salt.*

Wash and soak the barley, drain it on a sieve, then put it in a saucepan with the butter, fry a little, then add the stock, let it boil gently until tender (from forty to fifty minutes); take out two ladlefuls of the barley, rub the rest through a wire sieve. Boil up the milk in the saucepan, add the stock and the barley, boil up and add the butter. Stir for a few minutes over the fire; season with pepper and salt.

**TAPIOCA SOUP.**

$\frac{1}{4}$  lb. of tapioca, 2 quarts of stock, pepper and salt  
to taste.

Soak the tapioca in cold water for about half-an-hour, drain it on a sieve; put it in a stewpan with the stock; let it boil up, whilst stirring from time to time; afterwards let it simmer gently until clear and tender. Season with salt and pepper. If too thick, a little more stock or water can be added. A little boiled milk or cream added to this soup will improve it, especially if weak stock is used for its preparation.

**HARICOT BEAN SOUP.**

1 gill of haricot beans, 1 onion,  $\frac{1}{2}$  turnip, 1 potato,  
1 pint of water or stock, 1 gill of milk, salt.

Wash the beans and soak them well for several hours in cold water. Put them in a saucepan with the water or stock; let it come to the boil and well skim it. Wash the vegetables and prepare them; cut into pieces and add to the beans. Skim thoroughly as it begins to boil, and let simmer gently for two hours. Press all the ingredients through a colander or sieve, add the milk, salt and pepper to taste; return the soup to the saucepan to boil again before serving.

**CARROT SOUP.**

2 quarts stock or water, 6 carrots, 2 onions, 2 ozs. of  
rice,  $\frac{1}{2}$  bayleaf, 1 gill of milk, pepper and salt.

Wash the carrots, scrape them, and shred finely; wash the rice, parboil it, and put it into a stewpan with stock, water, carrots, bayleaf, and the onions sliced finely. Boil till tender; remove bayleaf, and



rub all through a wire sieve. Return to the stewpan, season with pepper and salt to taste, add the milk, stir over the fire until it boils, and serve.

NOTE.—A small piece of butter added to this soup will improve it. For high-class carrot soup the red part of the carrot only is used. The carrots used must be of a deep red, else the soup will not be of good colour.

### GREEN PEA SOUP.

*1 pint of peas with their shells, 1 leek, a few sprigs of parsley and green mint, 1 carrot, 1 small onion sliced, 1 small lettuce,  $\frac{1}{2}$  pint milk, 1 teaspoonful of sugar, 5 pints water, nutmeg, pepper, and salt, 1 oz. dripping or butter.*

Put the water into a stewpan, let it boil, and add the peas, shells, the lettuce well washed, and all the other vegetables and dripping. Let it boil for about twenty minutes. A small piece of soda and a little salt should be put in with the vegetables. Take out about a teacupful of peas and put into a soup tureen. Rub the rest of the vegetables through a wire sieve, return to the stewpan; boil up the milk, add it to the soup, and let it get thoroughly hot. Season with sugar, pepper, a little nutmeg, and, if needed, a little more salt. A handful of fried bread croûtons added to the soup as garnish along with the peas will be found an improvement. If too thick, add a little stock or water.

### MULLIGATAWNY SOUP.

*1 lb. of boiled scrag of mutton (or a 1 lb. tin of preserved meat), 1 apple, 2 quarts of water, 1 onion, 2 turnips, 1 leek, 1 oz. of flour, a dessertspoonful of curry powder, 1 oz. of dripping, 2 lbs. of rice.*

If you have tinned meat, soak it in some cold water

for about two hours; cut the apple, onion, turnips, and leek into small slices, fry a little in the dripping, stir in the curry powder, and stir all over the fire for a few minutes; add the water and the meat; mix the flour with a little stock or water and stir into the above when boiling. Allow it to simmer for about two hours or more; press the whole through a sieve, boil again, add salt to taste, and serve with boiled rice in the soup or separate.

### JULIENNE SOUP.

Cut into thin strips, about one inch long, 2 carrots, 2 turnips, 2 onions, 2 leeks, half a head of celery, a little sorrel, if liked, 1 lettuce. Fry the carrots in 2 ozs. of butter, and add to 2 quarts of boiling stock, consommé, or water, with the rest of the vegetables, and stew gently for one and a-half hour; if water is used stir in 2 dessertspoonfuls of Liebig Company's extract, add pepper and salt, and boil for five minutes. Serve with pieces of bread cut to the size of a shilling, sufficient for seven persons.

### GENERAL STOCK.

Put in a well-tinned stockpot or stewpan about 4 lbs. of lean meat and bones, such as leg of beef, knuckle of veal, &c. The meat must be cut into small pieces, and the bones broken up small. Add four quarts of cold water and half-an-ounce of salt; boil up slowly and skim well, then add the following ingredients:

*1 carrot, 1 turnip, 1 onion stuck with 2 cloves,  
a few celery leaves, 12 peppercorns.*

Simmer gently for several hours; remove the scum, and strain the broth thus obtained. The carcasses of poultry and any fresh pieces of meat trimmings may be added to the stock. When brown stock is required, fry

the meat and bones first with a little fat or beef suet to brown the outside, then pour off the fat, and moisten with the water and proceed as above.

This stock when first strained is generally used for clear soups. The stockpot is then refilled with water and replenished with soup vegetables after its first boiling. The liquid after having boiled from three to four hours is called second stock, and is used for thick soups and sauces.

### \* CONSOMMÉ CLEAR SOUP.

(CLARIFIED STOCK.)

Consommé is a clear and concentrated soup, which should be of a bright sherry colour. When required specially good and clear, it is necessary to clarify the stock, which is often found from some cause or other to be cloudy. To clarify two quarts of stock proceed as follows:

Take half a celery head, 1 onion, 1 carrot, half a leek, wash clean and cut into slices. Chop finely  $\frac{1}{2}$  lb. lean beef, and put in a clean and dry stewpan; add one or two whites and shells of eggs, whisk up to a froth; then add the vegetables, a gill of cold water, a few sprigs of savoury herbs, two or three cloves, 1 bay-leaf, and a few sprigs of parsley; pour on the cold stock. Place on the fire, stir until it boils, move on the side and let simmer very gently for half-an-hour. Take off the fat; strain through a cloth or silk sieve. Return to a clean stewpan, season with a pinch of castor sugar, salt and pepper if found necessary. The consommé is then ready to be served plain or with some kind of garniture.

**CROUTE-AU-POT.**

(FRENCH SOUP.)

*2 quarts good stock, 1 carrot, 1 turnip, half a cabbage, 2 ozs. butter, 1 dinner roll, parsley or chives, pepper, salt and nutmeg.*

The stock should be made from beef and veal bones, well skimmed; it need not necessarily be clarified. The vegetables, after being washed and pared, may be cooked whole in the stockpot. Cut the carrot and turnip into round slices, drain the cabbage and cut into small pieces, put all the vegetables into a stewpan with the butter, cover and cook slowly for about ten minutes, season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, and let simmer for about thirty minutes. Skim occasionally. Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven. Put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve.

**\* SORREL SOUP.**

*½ lb. sorrel 1 pint milk, ½ oz. flour, 3 ozs. butter, 1 small onion, 1 small carrot, 2 yolks of egg, ½ gill cream, pepper and salt, nutmeg, crust of bread.*

Wash and pick the sorrel, and cut it into fine shreds. Peel and slice the onion and carrot. Melt the butter in a stewpan; dry the vegetable and put into the stewpan as soon as the butter is hot. Stir over a brisk fire for about five minutes, taking care not to let the vegetable burn. Now add the flour, mix well and moisten with the milk previously boiled; also a good

pint of water. Stir until it boils, and allow to simmer for about half-an-hour. Add pepper, salt, and nutmeg to taste. When done, rub the whole through a fine sieve; return to a clean stewpan. Mix the cream with the yolks of egg; add this to the soup as soon as it boils; cook long enough to bind the eggs, but avoid it boiling further. Stamp out some thin crusts of bread about the size of a shilling piece; pour the soup in a tureen, and serve with the bread crusts put in at the last.

#### \* SPRING SOUP WITH POACHED EGGS.

*2 quarts clear soup (consommé), 3 or 4 spring carrots, 2 spring turnips, a handful of cooked green peas, a handful of sorrel and a few chervil leaves, 6 eggs, ½ pint stock, ½ oz. butter, seasoning.*

Wash, scrape and peel the carrots and turnips (these must be very small). With a small tube cutter, or round vegetable scoop, cut about half-a-pint of neat shapes. Cook them separately in a little salted water or stock, adding a pinch of sugar; when done strain and return to the stewpan, mixing the two vegetables, add a little butter and some well-reduced stock or half-glaze, and toss over the fire for a few minutes. Wash the sorrel and chervil, blanch, drain and cook in the consommé for five minutes. Dilute the carrot and turnip shapes with a little consommé; add the peas and some French beans cut in short pieces if liked; skim both the garnish and soup. Poach the eggs in slightly salted water containing a few drops of lemon juice. Drain neatly and place them in a soup tureen, add the garnishing, season the consommé, and pour hot into the tureen.

## \* SAGO CONSOMMÉ.

*2 quarts consommé, 2 ozs. sago.*

Put the consommé in a stewpan, let it boil, stir in the sago with a wooden spoon, let simmer for about half-an-hour, skim, season to taste and serve.

If the soup is required to be served as a purée or crème, put a gill of cream into a basin, also 3 yolks of eggs and a pinch of grated nutmeg. Stir with a whisk and pour in the above quantity of soup, then return to the stewpan, stir over the fire for a few minutes longer, taking care not to let it boil again.

A quart of tomato purée added in the place of a quart of consommé will also make a good sago soup, proceeding exactly the same method as above stated.

## \* IMPÉRIALE CONSOMMÉ.

*2 quarts of consommé, 2 ozs. raw or cooked chicken meat, 2 whites and 1 yolk of egg, 1 tablespoonful of cream, 1 tablespoonful of béchamel sauce, 2 ozs. fat bacon or beef suet, about 1 gill white stock, pepper and salt, 2 small carrots (scooped out small and cooked in salted water), a handful of cooked asparagus points or cooked green peas.*

Prepare the consommé in the usual way. Butter a small flat tin mould or pan, spread evenly a thick layer of farce made as follows:—

Chop finely the chicken, meat, bacon, or suet, pound together in a mortar, add gradually the eggs and sauce, pass through a wire sieve, return to the mortar and add the cream and as much stock as required to make a nice creamy farce. Season with pepper and salt to taste.

Place the mould in the oven until done; this will take but a few minutes. Cut out some thin rounds

about the size of a shilling piece, put in a soup tureen together with a handful of small rounds of cooked carrots and the same quantity of cooked asparagus points or peas, pour over the hot consommé and serve.

### \* CONSOMMÉ PARISIENNE.

*3 pints clear soup (consommé), 1 small spring lettuce,  $\frac{1}{2}$  oz. butter, 2 eggs, a teaspoonful chopped parsley and tarragon (mixed), a handful of asparagus points, 1 French dinner roll.*

Wash the lettuce, trim each leaf, and stamp out some rounds by means of a tube cutter, heat up the butter and toss the lettuce over a slow fire for a few minutes, add a little clear stock and cook till tender. Cook the asparagus points separately in salted water, drain and put with the lettuce. Beat up the eggs, add the chopped parsley and tarragon, and a tablespoonful of milk or stock, season with pepper and salt, pour this into a flat well-buttered mould, place the mould in a sautepan containing boiling water, and cook, or rather steam, in a slow oven until set. When cold, cut up into small cubes, put these with the consommé, boil up, add the vegetables, skim, and serve with thin crusts of bread, stamped out in similar shapes to the lettuce.

### \* XAVIER CONSOMMÉ.

*2 quarts of consommé,  $\frac{1}{4}$  lb. flour, 1 oz. warm butter, 1 oz. grated cheese,  $\frac{1}{2}$  gill milk, 1 egg, salt and pepper.*

Mix the above ingredients, minus the egg, in a small stewpan, stir over the fire until you obtain a thick, but smooth, paste. Take off the fire, work in the egg, mix well; fill in a paper cornet, cut the point a little, fold top, and force some good sized pea-shapes

on a buttered flat pan. Pour a little boiling consommé over and simmer for a few minutes, strain on a sieve and add to the consommé, or force some small quenelles into the boiling consommé by cutting them off the cornet the desired size, and boil for a few minutes.

### \* BRISSE CONSOMMÉ.

*3 quarts consommé, 3 eggs (whole), 6 egg yolks,  $\frac{1}{2}$  cooked cauliflower, 1 cupful cooked spinach, 6 small French carrots (cooked), a little stock, a handful of boiled rice, pepper and salt.*

Prepare three distinct purées of the vegetables, mix with a little stock over the fire. Add to each, 1 whole and 2 yolks of eggs. Season with pepper and salt, pass through a hair sieve. Fill up three equal-sized timbale moulds, well buttered, and cook in a sautepan in boiling water. When done, turn out on a napkin, cut into small squares, put them in a soup tureen with a handful of boiled rice, pour the boiling consommé over, and serve.

### BARLEY CREAM.

*$\frac{1}{2}$  pint of pearl barley, 3 pints white broth (stock), 1 oz. butter, grated nutmeg, a gill of cream, a pinch of sugar, pepper, salt and fried bread croûtons.*

Wash the barley in several waters, put it in a stewpan with the broth or stock, stir over the fire till it boils, then let it simmer slowly for three hours. Season to taste with salt, pepper, and a little grated nutmeg.

Rub through a hair sieve, or fine wire sieve, return to the stewpan, boil up the cream and add it to the soup, together with a pinch of sugar and the butter.



Stir again until it is thoroughly hot, but do not let it boil. Place the croûtons (previously prepared and fried in butter) into a soup tureen, pour in the soup, and serve.

### \* CUCUMBER CREAM.

*2 cucumbers, 2 ozs. butter, 1 oz. flour, 1 quart white stock, 1 pint milk, 1 gill cream, 2 egg yolks, seasoning, bread croûtons.*

Peel the cucumbers, cut them into quarters, remove the seeds, and slice coarsely. Parboil in salted water, drain, and put in stewpan with one ounce of butter, let stew for about half-an-hour, season with pepper, salt, and half a teaspoonful of sugar. Melt the remaining two ounces of butter in another stewpan, stir in the flour, cook it without browning; add the cooked cucumber, dilute with the stock, boil up, skim, add the milk boiling. Cook slowly for twenty minutes. Rub through a fine sieve. Stir cream and yolks of eggs well together, pour in with the purée, return on the fire, stir until the liaison of egg and cream is formed, then pour into a soup tureen and serve with croûtons.

### \* ASPARAGUS CREAM.

*1 bundle asparagus, 2 ozs. butter, 2 ozs. flour, 3 pints white stock, 1 pint milk, 1 gill cream, a handful cooked green peas and beans, salt, pepper, sugar and nutmeg.*

Clean the asparagus, cut off the tips and cook separately, as they will be required for garnish. Cut the tender part of the stalks into small pieces, wash them thoroughly in salted water, boil till partly cooked in salted water, and drain.

Melt the butter in a stewpan, add the flour, cook a

little, add stock and milk, let it boil up, skim well, add the asparagus. Season with salt, pepper, nutmeg, and a good pinch of sugar. Cook till tender and rub through a fine sieve. Return to stewpan, add cream and a little more milk if necessary. Put peas, beans and asparagus tops (cooked) in the soup tureen, and pour purée over.

### \* CHESTNUT SOUP.

*24 large chestnuts, 1 quart milk, 2 or 3 medium-sized fresh mushrooms, ½ gill cream, 1½ oz. butter, salt, pepper, nutmeg, sugar, and fried bread croûtons.*

Wipe the chestnuts with a cloth, slit them crossways with a sharp pointed knife, plunge them into a stewpan of boiling water and allow to boil for two minutes, strain and dry them on a cloth. Set them again over the fire in a large frying pan or sauter, add a piece of fresh butter, cover over with a cloth and let them remain for about five minutes. Take off the fire and remove the shells whilst they are hot. Pound them in a mortar. Wash, trim, and peel the mushrooms, cut them finely. Have the milk boiling. Put the chestnuts and mushrooms in a stewpan with the milk. Allow to simmer slowly until the chestnuts are quite done, rub the whole through a fine sieve, return to the stewpan, work in the remainder of the butter and the cream. Season with salt, pepper, a pinch of sugar, and a good pinch of grated nutmeg.

If found too thick add a little more milk, or water.

Stir over the fire until it boils, and serve with fried bread croûtons; these should be sent to table separately.

**CAULIFLOWER PURÉE.**

1 *cauliflower*, 1 *quart stock*, 1 *oz. butter*, 1 *oz. flour*,  
1 *gill milk*, *pepper*, *salt* and *nutmeg*.

Wash and trim the cauliflower, boil in slightly salted water till tender, and pass through a colander. Melt the butter in a stewpan, add the flour and cook a little; moisten with the stock, add the cauliflower purée, stir until it boils, then add the milk and let simmer for about twenty minutes. Season to taste with pepper, salt, and a little grated nutmeg. In order to obtain a finer soup, pass it through a sieve. After it has been cooked sufficiently, work in a small piece of butter and a little cream mixed with a yolk of egg, heat up again without boiling, and serve.

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## FISH COOKERY.

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The reason we often waste more fish than we consume is because of the careless way in which this form of food is prepared for table by some unskilful cooks. The ordinary cook of every-day life lacks the knowledge as to the selection of fish, being ignorant of the points by which the various fish should be judged, or of the season when each kind is best adapted for dietary purposes. The main drawback, however, lies in the way it is cooked, so that in the ordinary way of things fish is often sent to table in an uninviting and unwholesome fashion; and if it were prepared in a more dainty way, replete with a more tasty flavour, and dished in a manner calculated to invite one's appetite, we should have less waste, and ensure far more satisfactory results.

The failure in cookery does not lay so much with the better class of fish as with the commoner kinds which are provided for those to whom economy is a matter of importance—for the simple reason that the more expensive sorts are mostly purchased by the wealthy and well-to-do people who can afford to hire skilful cooks.

It is to the preparation of the cheaper kinds of fish that we wish to devote these pages; and it is hoped that the few recipes herein given will be found useful, being both appetising and inexpensive ways of cooking fish.

Fish as a food contains much the same proportion of nutriment as butcher's meat, only in a much lighter form. The cheapest kinds are generally the most nutritious. It is best to choose the kind of fish which is in season, for it is then more plentiful. Fish out of season is usually dear, and often unwholesome.

Fish are divided into two classes—viz., oily fish and white fish. The white fish is not so wholesome as the oily fish. The latter has the oil mingled through the flesh, whilst the white fish has the oil preserved in the liver, and this is as a rule removed when the fish is dressed. White fish—such as turbot, plaice, soles, whiting, haddock, cod, &c.—is more easily digested than oily fish, and is therefore more suitable for invalids and persons of weak digestion than the other kind, which comprises mackerel, herring, eels, salmon, trout, &c.

Broiling or grilling is the most profitable way of cooking fish, whilst boiling is the least profitable, because in boiling much of the juice and flavour is wasted. The water in which fish is boiled should not be thrown away, for it can be used as stock for soups and fish sauces.

In buying fish see that the eyes are bright and prominent, and the flesh firm (not flabby). You are sure then of getting fresh fish. Avoid the use of stale fish.

### BOILED FISH.

Clean and wash in plenty of cold water the fish intended for boiling. If a little salt is added to the water it will help to clean it, and it makes the fish firmer.

Turbot, salmon, haddock, whiting, cod, mackerel, and large soles are most suitable for boiling.

The fins should be cut off, and the eyes taken out, if a small fish, such as haddock, whiting, soles, or mackerel.

Put the fish into hot water (it need not be actually boiling). A little salt and vinegar, sufficient to make the water taste, is added. Vinegar also helps to make the flesh firm.

Allow about ten minutes for each pound of fish, and fifteen minutes over if large. A moderate-sized fish usually takes from fifteen to twenty minutes. Fish should on no account be allowed to boil fast; the slower it boils the better. When the fish is done, lift it out carefully, let it drain, and dish up on a hot dish. Serve it with melted butter, parsley, caper, egg, or anchovy sauce. Boiled fish when once cooked should not be left in the water, as it will get woolly, but may be kept hot on the strainer placed across the saucepan in which it has been boiled.

### BOILED FISH.

**Method for boiling whiting, cod, salmon, haddock, mackerel, brill, &c.**—Clean your fish thoroughly, and wash it in cold water. Put a saucepan or fishkettle on the fire with sufficient water to well cover the fish. When the water is warm put in the fish, season with salt, and let it simmer gently from twenty minutes to half-an-hour, according to the size of the fish. Skim occasionally. When the skin of the fish cracks you will know that it is sufficiently boiled. Take it out carefully, drain well, place it on a dish, and serve with melted butter or parsley sauce.

### FRIED FISH.

#### GENERAL REMARKS.

There are three ways of preparing fish for frying—viz., that of dipping it in milk and flour; that of

coating it with prepared batter; and that of egging and crumbing. The last is the nicest, but the most expensive way.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Dripping, lard, or oil is generally used for frying purposes.

The fat must be quite hot before the fish is put in, so as to immediately harden the outside, thus preventing the fat from entering into the fish, which usually spoils the flavour and makes it very objectionable.

Only a small quantity should be fried at a time, and the fat should be allowed to get thoroughly hot before the next lot is put in.

As soon as the fish is done, drain it and place it on paper, so as to absorb all the fat. It is then dished up on a folded paper placed on a hot dish.

When done frying, allow the fat to cool a little, strain it to remove any loose crumbs or pieces of batter; it will then be fit for future use.

### TO FILLET FISH.

Take a plaice or sole; clean, wash, and wipe it, and then remove the skin. The best way to do this is to cut off the fins close to the fish with a pair of scissors; then make a cut just across the tail and a little way up the sides; then take hold of the skin at the tail and tear it off. Having skinned the fish, cut down the line marked on backbone from head to tail; then, holding the blade of the knife flat against the bones, cut away the fish carefully in one long fillet from each side of the backbone. Turn the fish, and do the same on the other side. Then wash the fillets and dry them.

**FRIED FISH IN BATTER—No 1.**

**Ingredients for frying batter.**—2 ozs. of flour, 1 gill of tepid water,  $\frac{1}{2}$  tablespoonful of salad oil or  $\frac{1}{2}$  oz. of dripping, 1 teaspoonful of salt, the white of an egg.

Put the flour into a basin, add the salt, and stir in gradually the salad oil and water. If you use dripping or lard instead of the oil, it must be melted before it is added. Beat the white of egg until it forms a stiff froth, and stir it into the mixture. The batter should stand for a time before it is used. It can be made without eggs, but in that case it should stand for some hours before using it.

**Method for frying fish.**—Take the fish you intend to fry, free it from the bones, cut it up in neat pieces, dip them into the batter, take them out with a fork or skewer, and fry in boiling fat. Be sure the fat is quite boiling before you drop in the fish. When done take out, drain on a cloth or paper, dish up on a hot dish, and garnish with parsley. Do not forget to strain the fat when done frying, as the small pieces of batter should not be left in the fat.

**FRIED FISH IN BATTER—No. 2.**

Put 3 tablespoonfuls of flour in a basin, mix with 3 tablespoonfuls of bread-crumbs, a pinch of salt and pepper. Stir in gradually a tablespoonful of salad oil, 1 beaten egg, and 1 gill of milk; beat well for at least ten minutes; if found too thick a little tepid water may be added. Let it stand for some time before using.

Wipe the fish with a damp cloth (the skin and bones may be removed if liked), and cut into pieces. Have ready some hot fat in a frying-pan, dip each



piece of fish into the batter, and fry in the hot fat until of a golden colour. When done, drain on some paper, dish up, and serve. If more convenient, the oil may be replaced by butter or lard, but it must be melted before it is mixed with the batter.

Do not forget to strain the fat after frying, and be sure it is perfectly hot before commencing to fry.

### **FRIED FISH IN BREAD-CRUMBS.**

Prepare the fish you intend to fry as in the foregoing recipe; wipe the pieces well with a cloth, flour them slightly, brush them over with a well-beaten egg, sprinkle all over with bread-crumbs, fry of a nice pale brown in boiling fat or lard. When done take them out, and be careful not to take off the light roughness of the crumbs, drain them well, dish up on a hot dish, garnish with parsley, and serve. It is not necessary to bone small fish for frying.

### **BROILED FISH.**

Whitings, haddocks, or mackerel are best for broiling. Take out the gills and inside, wipe them clean and dry, split them open from the back, season with a little pepper and salt, sprinkle with flour, rub over with a little oil, and broil them over a very clear fire.

### **BROILED FRESH HERRINGS.**

Scale, take out the gills of the fish, wipe them well, rub over with a little oil, sprinkle with a little salt, and broil over a clear fire. The roes must be cooked and served with the herrings. Fresh herrings are much better for broiling if they are cleaned and salted a few hours before they are wanted. Salting improves their flavour and renders them firmer.

### FRIED HERRINGS, SCOTCH FASHION.

Remove the head and tail portions of as many herrings as may be required, split them open and take out the bones. Season the cut sides well with salt and a little pepper, and dip them in a little milk and then in Scotch oatmeal. Have ready in a frying-pan some hot fat, lard, or oil; put in the fish (two at a time when the fat is thoroughly hot—not burning), and cook to a golden colour for about ten minutes. Drain on paper, dish up, and serve hot.

### BAKED MACKEREL.

Remove the gills from two mackerel, empty the fish and wipe with a damp cloth. Preserve the roes and milts, wash them, and put in a basin of salted water. Soak about 6 ozs. of stale bread in tepid water or milk. Parboil the roes and milts, drain, and chop finely; put them into a basin; add 1 oz. of dripping, lard, chopped suet, or cooking butter, a dessertspoonful of chopped parsley, and the bread, previously freed from moisture. Beat all well with a wooden spoon or fork until very smooth; then add half a teaspoonful of pepper, mix well, and fill the inside of the fish with this stuffing. Put it in a greased pie-dish, add about a gill of water or stock, and bake in the oven for half-an-hour. Lift out the fish, put on a hot dish, pour over the gravy, garnish with a few sprigs of watercress, and serve.

In cleaning the mackerel do not split them open more than is necessary.

### BAKED PLAICE.

Fillet a plaice, cut the bones into small pieces, and put in a saucepan with sufficient water to well cover

them. Add a little salt, half an onion, and one clove, and cook for fifteen or twenty minutes. (This will make fish stock.)

Place the fillets neatly on a well-greased dish or tin, sprinkle over them some finely-chopped parsley and a pinch of powdered sweet herbs (if handy), season with salt and pepper, add a dash of vinegar and just enough fish stock to half cover the fish. Sprinkle over with bread-crumbs to well cover the fish, place a tiny piece of lard or butter here and there, and bake in a hot oven for about a quarter of an hour. If a dish is used, send it to table in the same dish; otherwise lift the fish carefully out on to a hot dish.

The remainder of stock can be used for sauce or other purposes.

### BAKED HADDOCK.

Scale and clean the fish, making the opening as small as possible; fill it with the following mixture:—

**Stuffing.**—3 ozs. of bread-crumbs, 1 oz. of cooked ham chopped fine, 1 oz. of chopped suet,  $\frac{1}{2}$  teaspoonful of chopped parsley,  $\frac{1}{2}$  teaspoonful of powdered sweet herbs, 1 egg, salt and pepper to taste.

When well filled, sew up the opening; brush over with eggs; put it in a baking sheet with a little dripping, sprinkle the top with a few bread-crumbs, and bake in a moderate oven from thirty to forty-five minutes, according to size of fish.

### \* BAKED TROUT.

Thoroughly cleanse two trout and stuff with forcemeat, and sew them up. Rub them over with egg and bread-crumbs and lay in a deep dish. Add one pint of stock, two onions sliced (one glass of port

wine, if desired), one bayleaf, a sprinkling of herbs, and bake for one hour. Melt  $1\frac{1}{2}$  oz. of butter in a small saucepan or stewpan, and add a little flour; strain the liquor from the fish and boil, stirring gently; season with pepper and salt and the squeeze of a lemon. Serve the trout garnished with slices of lemon, with the sauce separately. Mackerel and haddock can also be cooked this way.

#### \* FILLETS OF SOLE (PARISIAN STYLE).

Take some fillets of soles; boil the bones, mix 1 oz. of flour and 2 ozs. of butter, and add to the liquor, with the beaten yolk of an egg. To make the fillet pink add some lobster spawn pounded with butter in a mortar. Spread the mixture on each fillet; boil very gently, dish up, and pour the sauce over, to which some cut oysters and fine shreds of lobster meat may be added if liked.

#### GRILLED SOLE.

To prepare this dish easily, a double gridiron should be used; but if not obtainable, the fish can, with care, be turned while broiling on a single one. The sole, having first been well dried, should be dipped in oil or melted butter, then placed on the gridiron, and set over a brisk but clear fire. The bars of the gridiron should be slightly greased and warmed before laying on the fish, which will take ten minutes to cook, more or less, according to size. Have a dish quite hot, and having put on this a small piece of fresh butter place the sole on it, garnish with a few slices of cut lemon. A sole for broiling may also be dipped first in flour, if preferred.

**RED MULLET.**

Flour and season the mullet, and fry crisply in a little oil, and dish up. To the same oil add an equal quantity of vinegar and stock, a little chopped parsley, a sprinkling of flour, and some garlic if agreeable. Boil up, pour over the mullet, and serve.

**\* BAKED SOLE, or SOLE-AU-GRATIN.**

*1 sole, 1 small shalot, 2 mushrooms, chopped parsley, 1 teaspoonful of lemon juice,  $\frac{1}{2}$  oz. of butter, 2 tablespoonfuls of brown sauce, bread-crumbs.*

Skin and trim the sole, make some incisions across the back. Lay it on a buttered fire-proof dish. Slice the mushrooms, chop the shalot, and place these on top of the sole. Season with lemon juice, pepper, and salt. Sauce over with the brown sauce, sprinkle browned bread-crumbs or bread raspings over the surface, and put a few tiny pieces of butter on top. Bake for about ten to fifteen minutes, according to size of fish, in a fairly hot oven. Place the dish on another dish and serve thus. Sprinkle a little chopped parsley over the fish just as it is being served.

Almost every kind of fish can be done in this style, which is called "AU GRATIN."

**FRIED SOLES.**

*2 small soles, 1 egg, a little flour, bread-crumbs, and frying fat.*

Skin the soles, trim them ; wash and dry them with a cloth ; dredge them with a little flour ; brush over

with the egg well beaten, and cover with bread-crumbs. Have your fat quite hot, which is seen when the smoke rises, then put in the soles; when nice and brown on one side, turn them over carefully and let them get brown on the other side. Drain them well on a paper or cloth; dish up on a hot dish; garnish with parsley, and serve with melted butter or anchovy sauce.

### **BROILED SALMON.**

Obtain two or three slices of salmon, about an inch thick; season with pepper and salt; broil them for ten minutes with a piece of butter on a gridiron or in a flat stewpan or frying-pan; dress on a hot dish; garnish with parsley; squeeze a few drops of lemon juice over, and serve.

### **SPRATS.**

Wipe them dry with a cloth, sprinkle slightly with flour, put them in a frying-pan or lay them on a gridiron, and broil over a clear fire. The frying-pan or gridiron should be rubbed with a piece of suet before broiling the sprats. They must be served very hot, and seasoned with a little salt just before sending to the table. Another way of cooking sprats is effected by dipping them in batter, and frying them in hot fat or lard.

### **SALT FISH PUDDING.**

Fish puddings are as a rule made from the remains of any kind of boiled fish left over from a previous meal.

Wash and peel four good-sized potatoes and boil them; when done, drain and mash them very fine.

Shred the fish finely (about  $\frac{1}{2}$  lb.) and mix with the potatoes; add one ounce of dripping or butter; boil up a gill of milk and stir this into the above. Beat up the yolks of two eggs and stir into the mixture; season with a pinch of pepper and salt if needed. Beat the whites of two eggs to a stiff froth, and mix lightly with the fish. Fill into a greased pudding mould or basin, steam for one-and-a-half hour, turn out and serve very hot.

### CODFISH PUDDING.

This dish is prepared from the remains of cold cod.

Pick all the flesh from the bones, and flake it into little pieces. Put half-a-pint of milk, half an onion, and a few sprigs of parsley in a saucepan; let it boil a few minutes. Stir in an ounce of flour previously mixed with a little cold water, season with salt and pepper, add half an ounce of cooking butter, and cook for ten minutes or longer, stirring occasionally. Strain the sauce. Butter a piedish, put in a layer of sauce, then a layer of fish, and proceed thus until the dish is full. Smooth over the surface with sauce, sprinkle over a few bread-crumbs, put it in a warm oven for about half-an-hour, and serve.

Haddock, turbot, whiting, or any other kind of boiled fish, can be dressed in the same manner.

### STEWED EELS.

*2 to 3 eels (about 2 lbs.), 1 pint of stock or water, 1 dessertspoonful of mushroom ketchup, 1 tablespoonful*

*of flour, 1 teaspoonful of anchovy sauce, 1 teaspoonful of sweet herbs, pepper and salt to taste, 1½ oz. of dripping, ½ oz. of butter.*

Skin, wash, and wipe the eels; cut them into neat pieces; fry them in the dripping. Put the stock or water in a stewpan on the fire with the heads and tails of the eels; simmer for half-an-hour. Knead the flour with the butter, and add it to the stock together with sweet herbs. Let all simmer again for a few minutes, then strain it and add the other ingredients. Put the eels into the sauce, season with salt and pepper, and let them stew gently for about twenty minutes. Dish up neatly on a hot dish, sprinkle with a little chopped parsley, and serve.

### BAKED SMELTS.

*12 smelts, 1 oz. of butter, 1 oz. of bread-crumbs, pepper and salt, ½ lemon, parsley.*

Wash and wipe the fish; arrange them neatly on a flat baking dish, previously buttered; season with pepper and salt; sprinkle over with bread-crumbs and place little pieces of butter over them. Bake in a quick oven for about fifteen minutes. Before serving, squeeze a few drops of lemon juice over; garnish with slices of lemon and fried parsley.

### FRIED SMELTS.

Wipe the fish, egg and crumb, or dip into frying batter, and fry in hot fat a golden brown. Drain, dish up, and serve with quarters of lemon.



**CURRIED FISH.**

(A BREAKFAST DISH.)

*Some cooked fish left from a previous meal; 3 hard-boiled eggs, 4 ozs. of rice (plain boiled), 2 ozs. of flour, 2 ozs. of butter, 1 pint of milk, 1 dessertspoonful of curry powder, 1 dessertspoonful of chutney, 1 teaspoonful of salt.*

Take half a pound of cold turbot or cod, freed from skin and bone; put the butter in a stewpan; when warm add the flour; stir a few moments over the fire, put in the curry and chutney, and moisten with the milk; stir until it boils; drain the rice, slice the eggs, and put this, together with the fish, into the sauce; mix gently but well together; add the salt; let it get thoroughly hot; dish up; surround with a few sippets of toasted bread, and serve.

**CURRIED HADDOCK.**

*1 fresh haddock (about 2 lbs.), 1 pint of stock, 1 teaspoonful of curry powder, 1 dessertspoonful of flour,  $\frac{1}{2}$  onion, 1 gill of milk, 2 ozs. of lard or dripping, salt to taste.*

Clean and skin the fish, remove the bones from the flesh, and divide into neat pieces. Chop up half of the bones and put them in a saucepan with the stock, let it boil up, skim it, and allow to simmer for ten minutes. Chop the onion finely, melt about an ounce of lard in a pan; fry the onion to a yellow colour, add the curry powder, stir over the fire for a few minutes

and put it with the stock to simmer. Now mix the flour with the milk, and add also to the stock. Dip the pieces of fish in flour and broil them in fat over a quick fire; when nicely browned on both sides drain them carefully from the fat. Strain the sauce; put it back into the saucepan, together with the pieces of broiled fish; season with a little salt; let all simmer gently for a few minutes, skim the sauce. Dress the fish in the middle of a dish, pour the sauce over it, and serve with plain boiled rice.

### BAKED FISH PIE.

Break the remains of any cold fish into small pieces, removing all the skin and bones; put it in a greased piedish with some white sauce, or the remains of any fish sauce left over. Season with pepper and salt.

Rub some cold potatoes through a sieve—if you have no sieve, mash them up with a fork—and put in a saucepan. Add  $\frac{1}{2}$  oz. butter or dripping, and 1 tablespoonful of milk to every pound of potatoes. Cover the fish in the piedish with the mashed potatoes, smooth over with the blade of a knife; sprinkle over with bread-crumbs, and a few little bits of butter or dripping; bake for twenty-five minutes in a hot oven, and serve in the dish in which it is cooked.

NOTE.—The proportion of fish and potatoes should be equal quantities of each.

### SAVOURY HADDOCK WITH TOMATOES.

Procure a dried haddock; soak it for a few hours in cold water. Cut 3 small tomatoes into slices, remove the skins, peel and chop a small piece of onion. Cook about 4 ozs. rice in salted water till tender,

and drain. Remove the skin from the haddock, take out all the bones, and flake the fish small. Put an ounce of butter or lard in a frying-pan; when hot, add the onion, fry a little, put in the tomatoes, season with a little pepper and salt, and cook till tender. Now put in the fish and cook for another ten minutes, stirring from time to time. When the rice is drained put it back into the saucepan, add 1 oz. butter or clarified dripping, and stir over the fire till thoroughly hot. Dress the rice in the shape of a border on a hot dish, put the tomato and haddock mixture in the centre, sprinkle with finely-chopped parsley, and serve hot.

The cost of this dish is about 9*d.*

### KEDGEREE—No. 1.

*½ lb. of cooked fish, ¼ lb. of rice, 2 hard-boiled eggs, 2 ozs. of butter, pepper, salt, ground mace or nutmeg, parsley for garnish.*

Break the fish into small pieces, removing all the skin and bones. Wash the rice and boil for about twenty minutes; strain off the water and dry it in front of the fire. Chop the hard-boiled white of eggs finely, melt the butter, put in the fish, rice, and chopped white of egg. Season with pepper, salt, and a pinch of nutmeg or ground mace; stir over the fire until quite hot (taking care that it does not brown).

Pile up on a hot dish, sprinkle over with yolks of egg previously chopped or rubbed through a sieve. Garnish with a few small sprigs of parsley, and serve hot.

Cost of this dish, 7*d.* to 10*d.*; sufficient for four persons.

**KEDGEREE—No. 2.**

1 *small dried haddock*,  $\frac{1}{4}$  *lb. of boiled rice*, 1 *egg*, 1 *oz. of butter*, *cayenne pepper*, *salt*, *nutmeg*, and *mace*.

Boil the fish; free it from skin and bones; flake it. Wash and boil the rice. Boil the egg hard; mince the white part coarsely, and chop the yolk finely. Melt the butter in a saucepan; put in the fish; season with a little salt, a pinch of cayenne, grated nutmeg, and powdered mace. Stir all well over the fire until quite hot; add the white of egg and rice when well-drained and dry. Dish up in a pile on a hot dish; sprinkle the yolk of egg over the surface, and serve.

NOTE.—Any remains of cold fish can be used up for this dish.

**FISH CAKES.**

1 *lb. of cooked fish*, 6 *ozs. of potatoes*, 8 *ozs. of bread-crumbs*, 2 *eggs*, *chopped parsley*, *pepper and salt*, *frying fat*.

Boil some fish, or use up the remains of any cold fish; pick the fish from the bones, and break into small pieces, or chop finely. To a pound of fish add 6 ozs. of cold potatoes, previously mashed or rubbed through a sieve. Melt an ounce of butter or dripping, add the fish and potatoes, a teaspoonful of chopped parsley, and 4 ozs. of bread-crumbs. Season with pepper and salt, and moisten with a tablespoonful of milk. When hot, stir in one yolk or one whole egg. Stir over the fire until the mixture begins to thicken. then spread on a plate or dish, and let cool. Make up into little flat cakes, dip in egg and bread-crumbs, and fry in hot fat till a golden colour. Sufficient fat

should be used to cover the cakes completely when frying. When done, drain on paper, dish up, and serve hot or cold.

Cost of this dish is 9*d.* to 10*d.* The quantity given will make ten cakes.

### FISH CROQUETS.

*1 lb. of cooked fish, 1 oz. of butter, ½ lb. of boiled potatoes, 1 teaspoonful of chopped parsley, 1 egg, ½ gill of milk, 1 teaspoonful of anchovy essence, pepper and salt, bread-crumbs, and frying fat.*

Any remains of cold fish can be used, also any cold potatoes left from the previous day; if you have neither you must use fresh fish and potatoes for the purpose. Free the fish from skin and bones; break it into flakes, and rub the potatoes through a wire sieve. Mix fish and potatoes together and season with pepper and salt; add the butter (melted), the parsley, anchovy essence, and milk. Beat the mixture over the fire until quite hot; beat up the egg, and add half of it to the mixture; mix well and turn out on a plate to cool. When cold, make it into small equal-sized shapes; egg, bread-crumbs, and fry them in hot fat. A little flour may be used for shaping the croquets.

### TO BOIL RICE FOR KEDGEREE, &c.

*¼ lb. of rice, 3 pints of water, a pinch of salt.*

Wash the rice well, throw it into a saucepan of boiling water with the salt, boil quickly for fifteen to twenty minutes, strain off the water and dry it in front of the fire. Cost, 1*d.*

**FISH OMELET.**

*Some cold cod or haddock, 1 oz. of butter, 3 eggs, 1 tablespoonful of milk, 1 dessertspoonful of grated cheese, pepper and salt.*

Break the eggs into a basin; add milk and cheese; beat them well; season with pepper and salt. Flake about two ounces of cold fish. Melt the butter in an omelet pan; put in the fish, and let it fry a little; pour in the egg mixture; stir over a quick fire until the eggs appear to set. Roll the omelet into the shape of an oval cushion towards the side of the pan; allow it to acquire a golden colour; and turn it out on a hot dish.

**FRICASSÉE OF SOLE.**

*1 large sole, 1½ oz. butter, ½ oz. flour, 1 yolk of egg, ½ teaspoonful lemon juice, ½ gill cream, seasoning.*

Wash and skin the fish, remove the fillets and trim them. Divide each fillet in half crossways, season with a pinch of mignonette, pepper, and salt, and arrange them on a well-buttered saucepan, sprinkle over a few drops of mushroom liquor, if handy, or else use a little stock or white wine, cover with a piece of buttered paper and cook in a moderate oven for about fifteen minutes. Meanwhile, cut up the fish bones and trimmings, put them in a saucepan with a bayleaf, and cover with water and milk in equal proportions (water only will do); boil up, skim and cook for twenty minutes. Melt about an ounce of butter in a saucepan, stir in the flour, moisten with fish stock, stir until it boils, bind with an egg-yolk, add the cream, let it get hot without boiling, and keep in the bain-marie until required. Dish up the fillets in a circle on a hot dish, pour half-a-pint of liquor from the fish on to the sauce, add a few drops of lemon juice, stir well, and, when heated, strain over the fish.

## MEAT COOKERY.

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### ROASTING IN GENERAL.

Roast or baked meat is often found sodden and tough simply because of want of proper care and attention in cooking it. Meat for roasting should be put into a very hot oven at first, so that the pores are quickly closed; in other words, so that it will quickly brown, to prevent the gravy from escaping.

Roughly speaking, beef and mutton require about a quarter of an hour to each pound of meat in roasting. After the first half-hour the oven should be allowed to get a little cooler. Frequent basting is most essential during the process of roasting meat. The best joints for roasting are sirloin, rib, aitchbone, and top side of beef; leg, loin, neck, and shoulder and breast of mutton; forequarter, leg and shoulder and breast of lamb; breast, loin, neck, and cushion of veal; and leg, spare-rib, and shoulder or of hand pork.

### ROAST JOINTS.

Trim the meat, if necessary, wipe it with a clean cloth, weigh the joint, allow a quarter of an hour to each pound of meat, and a quarter of an hour over. Veal and pork require a little more time than beef or

mutton, as the former must always be well done. See that you have a good and clear fire.

If the joint is roasted before an open fire, you must see that it turns freely on the spit, and that it is basted frequently. You can use fat stock or dripping for basting. A little dripping should always be put in the roasting tin, especially if you roast your joint in an oven, when it is placed in a roasting or baking pan with some dripping. Never forget the basting and turning from time to time. When the joint is cooked, take it up and put it on a hot dish.

### GRAVY FOR ROAST MEATS.

Pour all the dripping from the pan whilst warm into a basin, which keep for future use.

Put some water or stock into the pan, stand it on the hot stove, scrape the brown particles off which adhere to the dripping or roasting pan. This will colour the gravy; let it boil for a few minutes, season with pepper and salt, and strain through a strainer round the joint. When the joint is cut some of its juice will run out and will improve the gravy already in the dish.

### BOILED BEEF.

*4 lbs. of fresh or salt beef, water, 2 carrots, 2 turnips, 1 small cabbage, 1 onion, salt and pepper.*

Put into a stewpan sufficient water to cover the meat, set it over the fire; put in salt meat in cold water, and fresh meat when the water boils. Take off the scum which rises to the top, put in the vegetables all cleaned and washed, and allow the whole to simmer very gently until the meat is done. It will take about



one-and-three-quarters hour. Dish up the meat, dress the vegetables round it; season the stock with a little pepper, and some salt if necessary; pour about a tea-cupful over the meat, and serve.

Save the rest of the liquor, as it may be easily converted into an excellent soup by the addition of macaroni, vermicelli, rice, tapioca, peas, &c.

### STEWED BEEF.

*About 1½ lb. of beef or rump steak, 1 carrot, 1 onion, 1 clove, 1 bayleaf, 2 ozs. of bacon, 2 ozs. of dripping, 1 tablespoonful of flour, ½ pint of water, 1 teaspoonful of salt, ½ teaspoonful of pepper.*

Cut the meat into neat pieces, clean and peel the vegetables and slice them. Now melt the dripping in a stewpan; when quite hot put in the pieces of beef, let them brown on both sides, cut up the bacon rather small, fry it over a quick fire, put in the vegetables and let them fry a little, put all into the stewpan, add the clove and bayleaf, put in the flour, stir for a few minutes over the fire, moisten with the water, stir until it boils. Remove the scum and fat, and let it simmer gently for about one-and-a-half hour. Dish up on a hot dish, arrange the vegetables round it (take out the bayleaf and clove). If the gravy is too thick, add a little more water or stock.

### BEEF KIDNEY.

*1 kidney, 1 tablespoonful of flour, 1 oz. of butter, ½ onion chopped fine, 1 gill of boiling stock or water, 1 tablespoonful of mushroom ketchup, pepper and salt.*

Cut the kidney into thin slices, fry the chopped

onion in the butter to a nice yellow, flour the slices of kidney and fry brown in the above. Put in the water or some stock mushroom ketchup, pepper and salt. Let it just boil up, dish up the kidney, let the gravy simmer for a moment, and pour over the kidney.

### STEWED OX-CHEEK.

*1 ox-cheek, 2 carrots, 1 turnip, 3 onions, half a head of celery, 4 cloves, 1 leaf of mace, a bouquet of savoury herbs, 1 tablespoonful of chillie vinegar, 1 oz. of flour, 1 oz. of butter, 1 oz. of dripping, pepper and salt, 3 quarts of water.*

Wash the cheek, bone it, and soak in salt and water for an hour; wipe it dry and roll, tie with string. Fry lightly in an ounce of fat over a quick fire. Wash and pare the vegetables; stick the cloves in the onions. Put a saucepan on the fire with 6 quarts of water; add the vegetables and other seasoning; bring it to a boil. Put in the cheek, and let it simmer until tender (three to four hours). Prepare a sauce with 1 oz. butter, 1 oz. flour, about 1 pint of the stock, and the vinegar; let it boil well, pass it through a sieve. Cut the meat into neat slices, put it in the sauce, let the whole boil up, and serve. The carrots, turnip, and onions can be served round the dish.

### HOW TO COOK A CHOP OR STEAK.

Trim the meat, keep up a bright fire, warm the grid-iron, grease its bars, put the meat between, place close to the fire at first, in front or over the stove, to brown both sides, cook from eight to ten minutes according to the thickness of the meat and turn frequently, sprinkle with pepper and salt, and serve on a hot dish

or plate; this is grilling or broiling. To fry the meat put it in a frying-pan with sufficient dripping to prevent burning, fry over a brisk fire; it will take from eight to twelve minutes to cook; turn every three minutes, dish up, pour off the fat, add a little stock or water to the pan, season with pepper and salt, stir until it boils, and pour round the meat. A little Liebig Company's Meat Extract added to the water makes an excellent gravy.

### BAKED MEAT AND POTATOES.

#### RULES FOR BAKING MEAT.

Wipe the meat, tie up if needed, put it in a baking tin (on a trivet if possible) and put in a very hot oven for the first ten minutes so as to harden the outside and to keep the juices in. If the meat is very lean it will require a little dripping for basting purposes, the meat will require frequent basting whilst cooking. When the meat is browned move it to a cooler part of the oven until it is quite done. The time allowed for baking is usually a quarter of an hour for each pound of meat and a quarter of an hour over. Such meat as veal, pork, or lamb requires a little longer. When done take up the meat and make gravy; to do this pour off the dripping in the tin (do not waste the dripping), pour into the tin about a gill or more of hot water, season with salt and pepper, stir over the fire until it boils, and pour round the meat.

### TOAD-IN-A-HOLE.

*1 lb. of sausage meat, 1 egg,  $\frac{1}{2}$  pint of milk,  
3 ozs. of flour.*

Sift the flour into a basin, stir in the milk, work it well; break the egg, add it to the mixture, and beat it

to a smooth substance. Place the sausage meat in a well-greased Yorkshire pudding-tin or piedish, pour the prepared batter over it. Bake in a quick oven for about thirty-five minutes. The sausage meat can be substituted for an equal quantity of cold meat, which should be minced very fine and seasoned with pepper and salt.

### BEEF FRITTERS.

*½ lb. of cold beef, 3 ozs. of flour, ½ gill of milk, 2 ozs. of butter, 1 egg, pepper and salt, frying fat, parsley.*

Prepare a nice light batter as follows. Sift the flour into a basin, stir in the milk, the yolk of egg, and the butter (previously warmed). Beat the white of egg to a froth, add a pinch of salt, and mix with the batter. Chop the beef very fine, season it a little, and add it to the batter. Have the frying fat very hot, drop in the mixture in small quantities with a spoon, and fry lightly. Drain the fritters on a cloth, dish them up in a pile, fry some parsley, and garnish. Serve quickly, as the fritters become heavy if left standing.

### BERLIN STEAKS.

*2 lbs. of topside of beef, 1 small onion, ¼ lb. of beef suet, 1 egg, pepper and salt, 2 ozs. of fat, 1 dessertspoonful of chopped parsley.*

Remove skin and sinews from beef and suet, chop up both very fine, break and beat up the egg; chop the onion fine, put the meat and suet in a basin, season with pepper and salt, mix well together with the onion, parsley, and egg, and form into ball shapes; flatten each a

little. Put the fat or lard in a frying-pan; when hot, fry the steaks over a good fire until thoroughly cooked through. Dish up on a hot dish, and serve with brown or tomato sauce.

### BOILED MUTTON.

Necks or legs of mutton are best adapted for boiling. Trim the joints neatly by cutting some of the fat off; cut off the shank-bone of a leg and trim the knuckle. Place the joint into sufficient boiling water to cover it; let it boil up, take off the scum, have ready some prepared carrots, turnips, and onions, put in the vegetables, season with salt and let it boil; then draw the stewpan to the corner of the fire, and allow to simmer slowly until done. A neck will take about one-and-a-half hour; a leg two to two-and-a-half hours, according to size. (About twenty minutes should be allowed, for every lb. of meat.) Serve with the vegetables boiled with the meat, or with mashed turnips, and send to table with caper sauce.

NOTE.—The liquor should be kept to be converted into soup, gravy, &c.

### RAGOUT OF MUTTON.

*2 lbs. of scrag of mutton, 2 ozs. of lard or dripping, 1 oz. of flour, a bouquet of savoury herbs, 1 carrot, 1 onion, 1 turnip, 1 pint of water, pepper and salt, 1 clove, a pinch of sugar.*

Trim off some of the fat from the mutton, cut it into neat pieces about two inches square, fry them in fat a nice colour, sprinkle the flour over, and season with pepper and salt. Stir for some minutes over the fire. Put all into a stewpan and moisten with boiling

water, add the onion stuck with a clove and savoury herbs. Simmer gently until the meat is nearly done; take off the scum and fat. Have the carrot and turnip pared, and cut into dice, fry them in fat and a little sugar to give colour; add these to the stew. Let the whole simmer for another fifteen minutes; take out onion and herbs, and serve on a hot dish.

### IRISH STEW.—No. 1.

*2 lbs. of scrag or loin of mutton, 2 lbs. of potatoes, 2 onions, pepper and salt to taste, about 1½ pint of water, chopped parsley.*

Trim the meat, pare off some of the fat; if you use scrag cut it into square pieces; if you use neck or loin cut the meat into chops of moderate thickness. Wash and pare the potatoes, cut them into thick slices. Peel the onions, slice them. Put the potatoes and onions and meat in alternate layers into a stewpan; season with pepper and salt; pour in the water, and let all simmer gently for about two hours. Keep the lid of the stewpan closely shut, and shake the pan occasionally to prevent it from burning. When done, dish up, sprinkle with chopped parsley, and serve.

### IRISH STEW.—No. 2.

*1 lb. scrag of mutton, 2 lbs. potatoes, 3 onions, about ½ pint water, pepper and salt.*

Wash and peel the potatoes, cut them into thick slices, peel and slice the onions, cut the meat into neat pieces. Place half the potatoes at the bottom of the saucepan, lay the meat and onions on them, sprinkle in

the salt and pepper, add the water and lay the rest of the potatoes on the top, keep the lid of the saucepan closely shut and simmer gently for one-and-a-half hour, shake the saucepan occasionally to prevent the stew from burning.

### BROILED MUTTON CUTLETS.

*About 2 lbs. of best end neck of mutton,  
salt and pepper to taste.*

Saw off about two inches of the top of the bones. Cut cutlets of a moderate thickness; trim them neatly, by cutting off some of the fat and the thick part of the chine bone; beat them flat with a cutlet beater, scrape off, clean a portion of the top bones. Season with a little salt and pepper; broil them over a clear fire for about ten minutes, turn them occasionally. When done, dress them neatly on a hot dish; serve with plain gravy or sauce.

NOTE.—Cutlets can be served with mashed potatoes, cooked peas, stewed tomatoes, or mixed vegetables; these should be put in the centre of the dish, and the cutlets arranged round the garniture, the thick ends of the cutlets always downwards.

### STUFFED SHOULDER OF LAMB WITH GREEN PEAS.

*1 shoulder of lamb, 6 ozs. of veal, 4 ozs. of pork, 3 ozs. of cooked ham, 1 dessertspoonful of chopped parsley, 2 truffles, larding bacon, 3 slices of streaky bacon, 1 onion, 1 carrot, 1 bayleaf, parsley, 1 pint of green peas (cooked), 1 pint of stock, 1 pint of Espagnole sauce, salt and pepper.*

Bone the shoulder of lamb, but let the end bone remain for a handle. Prepare a stuffing with the veal,

pork, ham, and parsley—all finely chopped and seasoned to taste. Remove all sinews and part of the fat from the shoulder, and fill with the above, laying in between the stuffing the truffles (sliced). Close up and shape neatly; sew up the opening with a needle.

Put the shoulder in the stockpot for about five minutes to harden the surface, let cool, and lard the top with larding bacon.

Clean and cut the carrot and onion into slices. Line a braisière or deep sautépan with the bacon, put in the carrot, onion, bayleaf, and a small bunch of parsley, place the shoulder on to this and brown slightly over a brisk fire.

Moisten with the stock and the sauce, cover, and cook in the oven until tender. It will take from forty to forty-five minutes.

Take up the shoulder, skim the sauce, strain it and reduce a little. Put the cooked peas into the sauce, add a pinch of sugar, and some salt and pepper if needed, cook for two minutes and serve with the meat.

If required as relevés (remove) serve it whole and put the peas round the dish as a garnish. If as an entrée, put a bed of peas into the dish, cut the ballotine into slices and place on top, sauce over a little, and serve the remainder of sauce separately.

### **BROILED SHEEP'S KIDNEYS.**

*4 sheep's kidneys,  $\frac{1}{2}$  oz. of butter, 1 teaspoonful of parsley, a little lemon juice, pepper and salt to taste.*

Cut the kidneys open lengthwise down to the root, but so as not to separate them; take off the skin; fasten them on to skewers so as to keep them flat whilst broiling. Broil them in a frying-pan with a little



butter or lard, or on a gridiron over a clear fire, placing the inside downwards; when one side is done turn and cook them on the other. They will take from eight to ten minutes to cook. Remove the skewers, place them on a hot dish; have ready the  $\frac{1}{2}$  oz. of butter mixed with chopped parsley, lemon juice, pepper and salt; put a small quantity of this in the middle of each, garnish with parsley, and serve quickly.

NOTE.—The kidneys can be served on pieces of buttered toast, or with slices of fried bacon.

### **CURRIED KIDNEYS FOR BREAKFAST.**

Take 2 kidneys, 2 ozs. of butter, one teaspoonful of curry paste, pinch of salt. Skin the kidneys, wash them and slice them very fine, put the butter into a frying-pan, and when hot throw in the kidneys; stir them over a sharp fire for three minutes, take them off, add the salt and paste. Mix well together, and serve up on toast.

### **SHEEP'S BRAINS WITH TOMATOES.**

Select 3 brains and from 8 to 10 tomatoes; have ready 2 ozs. of butter; wash the brains thoroughly; cleanse, boil, and cut each into three equal parts. Butter the dish (which will afterwards be placed upon the table), dredge it well with bread-crumbs, and lay in the pieces of brain with halves of tomato between each; place the cut ends of the fruit upwards. Now add a teacupful of good stock; sprinkle with pepper and salt to taste, dredge thickly with bread-crumbs, put the butter in small bits on top, bake to a deep brown colour, and serve hot.

**CURRIED MUTTON.**

(COLD MEAT.)

*1½-lb. of cold mutton, 1 small onion, 1 oz. of butter, 1 teaspoonful of vinegar, 1 dessertspoonful of curry powder, 1 gill of stock or gravy, 1 dessertspoonful of flour, ¼ lb. of boiled rice, salt.*

Cut the meat into neat pieces, and broil it in a frying-pan with a little dripping, to get thoroughly hot. Peel and cut the onion very fine, fry in the butter; stir in the curry powder and flour, moisten with vinegar and stock; let boil a few minutes. Arrange the meat on a dish; garnish with boiled rice. Season the sauce with a little salt, pour it over the meat, or serve separately.

**STEWED BREAST OF LAMB.**

*1 breast of lamb, 1 onion stuck with a clove, 2 carrots, 2 turnips, 1 oz. of dripping, 1 oz. of flour, 1 quart of stock or water, pepper and salt.*

Cut the meat into pieces, clean the vegetables, and slice them. Put the dripping into a stewpan; when hot lay in the pieces of meat with the vegetables; stir over a bright fire for about ten minutes; season with salt and pepper, sprinkle over the flour. Stir until the flour begins to get brown, but do not let it burn; moisten with sufficient stock or water to cover the meat; stir until it boils, and allow it to simmer for about one hour. When done, dish up the pieces of meat, strain the sauce over, and serve.

NOTE.—Stewed mushrooms, green peas, or mixed vegetables can be served with this dish; they are strewn over the meat, or dressed in groups round the dish.

### STUFFED LOIN OF VEAL.

Procure a small loin of veal, remove the bone, fill the cavity with veal stuffing. Then fold the flap round and fasten tightly with string or skewer. Cover the top with greased paper, put it in a baking-tin with a spoonful of dripping, and bake in the oven, or roast it in front of the fire. In the latter case put the joint close to the fire for the first twenty minutes, during which time it should be well basted; then remove it a little further away from the fire, so that it will roast slowly until thoroughly done. Time to roast, about twenty minutes to every pound of meat, and a quarter of an hour over. A piece of pickled pork (boiled) is usually served with a joint of roast veal.

### VEAL ESCALOPES.

*1½ to 2 lbs. of lean veal (fillet or cushion part), 3 or 4 eggs for frying, 1 egg for crumbing, sweet oil, bread-crumbs, clarified butter, 3 or 4 French gherkins, a few nonpareil capers, 1 lemon, fillets of anchovies, brown sauce or Espagnole, pepper and salt.*

Cut the meat into slices (cut across the grain), about the size of small cutlets, beat each with a cutlet bat, trim them into neat shapes and season lightly with pepper and salt. Egg and crumb the slices, and fry a golden colour in a sautépan containing hot clarified butter. When done, take up, drain and keep hot. Meanwhile fry three or four eggs carefully in sweet oil, or clarified butter if the former be objected to.

Have the sauce hot, add to it the juice of half a lemon, and reduce a little. Dish up the fried cutlets on a border of mashed potatoes to keep them in a symmetrical position; place the eggs on the meat, and

on each egg put one or two fillets of anchovies ranged in lozenge shape; in the centre put a few capers. Surround the dish with a few nicely trimmed gherkins, range these in the form of a border, and finish up garnishing the dish with thin slices of lemon, the edges of which have been neatly cut or notched. Pour a little of the sauce round the dish and serve the remainder separately in a sauceboat.

In order to serve this dish very hot, place it in a hot oven for a few minutes before sending it to table.

### BREAST OF VEAL.

Trim the breast, wipe it, then dredge it with flour; put it on the spit before the fire or in a tin in the oven, baste well with dripping, and let it roast quickly at first, and slowly after until done.

### STUFFED SHOULDER OF VEAL (STEWED).

*½ shoulder of veal, veal stuffing, 1 oz. of flour, 1 oz. of dripping, 1 carrot, 1 onion, a few sprigs of herbs, pepper and salt, stock or water.*

Take the bone out, fill the cavity left by it with veal stuffing (see p. 149), then roll up neatly, tie round firmly with string, place it in a stewpan, season with pepper and salt, and add just enough water or stock to cover. Allow it to simmer slowly from three to four hours. Prepare the vegetables, cut them into neat slices, and stew with the joint together with a few sprigs of savoury herbs. Put the butter in a small stewpan; when hot add the flour, roast over the fire until brown, strain some of the stock into this, stir, and let boil. Remove the strings from the veal, put it on a dish, surround with the vegetables, strain the sauce over the whole, and serve.

**FRIED CALF'S FEET.**

1 pair of calf's feet, 1 carrot, 1 onion,  $\frac{1}{2}$  oz. of flour,  $\frac{1}{4}$  gill of vinegar, peppercorns, salt, oil, parsley, 1 egg, bread-crumbs, fat for frying, tomato sauce.

Wash and scald the calf's feet. Bone the upper part and remove the shank bone. Slit them in two, and steep in cold water for one or two hours. Blanch them in salted water.

Put them in a stewpan with sufficient water or stock to well cover. Add the carrot and onion sliced, and a few peppercorns. Cook slowly till tender. Drain, remove the hoof bones, place the meat under press, and let cool. Cut into convenient strips.

Prepare a dressing of oil, vinegar and chopped parsley. Pour this over the pieces, and let soak for an hour. Mix the flour with a little pepper and salt. Dip each piece in this, egg and crumb, fry in hot fat a golden colour, drain, dish up and serve with tomato sauce.

**CALF'S LIVER AND BACON—No. 1.**

2 lbs. of liver,  $\frac{1}{2}$  lb. of bacon, 1 oz. of butter or lard, 1 oz. of flour, 1 tablespoonful of Worcester sauce,  $\frac{1}{2}$  pint of water, pepper and salt, half a lemon.

Wipe the liver with a damp cloth, cut it into thin slices; cut the bacon into slices. Fry the bacon, and put it on a hot dish. Season the liver, dredge it with flour, and fry in the bacon fat; when done lay on a dish with the bacon between. Put a small piece of butter or lard into the frying-pan and a little flour, let it brown a little over the fire. Moisten with water and Worcester sauce, allow it to boil up, and strain in the middle of the dish. Cut some thin slices of lemon to garnish, and serve.

**LIVER AND BACON—No. 2.**

*½ lb. of liver, 2 pennyworth rashers of fat bacon, 1 tablespoonful of flour, pepper, salt and a little fat.*

Wash the liver, dry it and cut into half inch thick slices, mix the flour on a plate with one teaspoonful of salt and half teaspoonful of pepper, dip each piece of liver in this and put aside till wanted, cut off the rind of the bacon, cut each rasher into three or four pieces, fry till crisp in a frying-pan, take out and put on a plate, add a little fat if necessary along with the bacon fat, when hot put in the liver and fry about ten minutes, see that both sides of the liver are of a nice colour, put the liver along with the bacon, stir the remainder of flour into the pan containing the fat in which the liver was fried, let it get a pale brown, add a gill and a half of water, stir till it boils and let simmer a few minutes, dish up neatly the fried bacon and liver, pour the sauce round it and serve hot. Cost 6*d.*

**ROAST PORK.**

Pork takes longer to cook than any other meat; twenty-five minutes at least should be allowed for every pound of meat. The leg, loin, or spare-rib is usually roasted. Score the rind of a joint in about quarter inch strips, place it in a tin in the oven or hang it before the fire. Be careful not to have it too close to the heat at first, else the crackling will get scorched before the meat is done; baste the joint occasionally while roasting. Apple sauce is usually served with roast pork. Sage and onion stuffing (p. 150) may be made, and baked separately in a flat dish, or put in with the meat before it is roasted.

**HASHED PORK.**

*The remains of cold pork, 1 onion,  $\frac{1}{2}$  oz. of flour, 1 tablespoonful of vinegar,  $\frac{1}{2}$  oz. of fat, 1 gill of gravy, 1 pinch of ground mace, pepper and salt to taste, 1 slice of toast.*

Chop the onion finely, cut the meat into thin slices. Season with pepper and salt; fry the onion in half ounce of fat or butter a nice light brown; add the slices of pork, fry a little; put in the vinegar, mace, and sprinkle with the flour, moisten with the gravy, and allow it to stew for about twenty minutes. Dress on a hot dish, garnish with sippets of toasted bread and serve.

NOTE.—Cold roast beef, mutton, lamb, or veal may be cooked and served in the same way.

**SHEPHERDS' PIE.**

*$\frac{1}{4}$  lb. of cold meat, 6 cold potatoes,  $\frac{1}{2}$  oz. of dripping, a little milk, 1 slice of onion,  $\frac{1}{2}$  gill of gravy, pepper and salt.*

Cut the meat into small squares, grease a piedish, mash up the potatoes, season with pepper and salt, mix with a little milk, line the piedish with potato mash, put in the meat, previously mixed with gravy and finely chopped onion, sprinkle with a pinch of salt and pepper, put the remainder of potato on top, smooth over with the blade of a knife, sprinkle a few bread-crumbs over the top, put little bits of dripping here and there on the top of the pie, bake in a hot oven for fifteen minutes.

**SEA PIE.**

*$\frac{1}{2}$  lb. of lean beef or scraps, 1 small turnip, 1 carrot, 1 onion, 2 potatoes, 5 ozs. of flour, 2 ozs. of suet,  $\frac{1}{2}$  teaspoonful of baking powder, pepper and salt.*

Wash and peel the potatoes, peel the onion and turnip, scrape the carrot, cut all into slices, cut the meat into small pieces. Put the meat and vegetables in alternate layers in a saucepan, season with pepper and salt, add sufficient water to well cover, put the lid on the saucepan and put on the fire, and allow to simmer gently. Mix the flour with the baking powder and a pinch of salt, skin and chop finely the suet, add enough water and work into a stiff paste, turn out on a floured board, roll out to the size of the saucepan lid and put on the top of the stew. Cook slowly for about an hour in all; when done, pass the knife round the edge of the saucepan to loosen the crust, cut it in four pieces; take up and put on a plate, put the meat and vegetables on a dish, lay the crust on the top and serve. Cost  $8\frac{1}{2}d$ .

**TRIPE AND ONIONS.**

*$\frac{1}{2}$  lb. of tripe,  $\frac{1}{2}$  lb. of onions,  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  pint of milk, 1 oz. of flour, pepper and salt.*

Wash the tripe and boil up in water, drain, cool and cut into convenient pieces. Put these together with the milk, half a pint of water, and the onions peeled and sliced in a saucepan, season lightly with pepper and salt, and let simmer for about an hour. Mix the flour with a little cold milk, add this to the stew, stir until it boils, let simmer for another twenty minutes.



**MEAT CAKES.**

*$\frac{1}{2}$  lb. of cooked meat or sausage meat,  $\frac{1}{2}$  lb. of cold potatoes, 1 oz. of dripping, a tablespoonful of milk, pepper and salt.*

Mince the meat finely, mash up the potatoes, or rub through a sieve, moisten with the milk, season with pepper and salt, and mix well together with a small piece of dripping previously melted, fill up one or two greased tin moulds and bake for about twenty-five minutes. If sausage meat is used it will require a little longer. (Cost 6d.) The above mixture can also be shaped into small round flat cakes, which are floured all over, dipped in milk or brushed over with egg or dipped again in flour, or bread-crumbs if an egg is used. They are then fried in hot fat.

**BEEF STEW.**

*$\frac{1}{2}$  lb. of lean beef, 1 onion, 1 carrot, 1 turnip, 1 tablespoonful of flour, 1 oz. of dripping, pepper and salt, 1 pint of water.*

Melt the dripping in a saucepan, peel and slice the onion, brown it in the dripping, shake in the flour and brown that also, add the water, the meat and vegetables, cut into pieces, and the pepper and salt, simmer slowly for two hours. Add some savoury balls and allow them to cook for thirty minutes.

**SAVOURY BALLS.**

*4 ozs. of flour or bread-crumbs,  $\frac{1}{2}$  teaspoonful of chopped parsley,  $\frac{1}{2}$  teaspoonful of herbs, 2 ozs. of suet, pepper and salt.*

Chop the suet, parsley and herbs, mix them all together with the flour and seasoning, add sufficient cold water

to make a stiff paste. Divide it into eight pieces, roll each into a small ball, roll lightly in flour, and cook for half-an-hour in beef or other stew.

### SUET DUMPLINGS.

$\frac{1}{2}$  lb. of flour, 3 ozs. of suet, a pinch of salt, cold water.

Chop the suet and mix it with the flour and salt, add sufficient cold water to make a stiff paste, divide it into six or eight portions, and roll into balls, flour them slightly and throw into boiling water. Dumplings may be eaten with the stew, or afterwards with sugar or treacle.

### STEAK PIE—No. 1.

$\frac{1}{2}$  lb. of beef steak or skirt,  $\frac{1}{4}$  lb. of bacon, pepper,  
 $\frac{3}{4}$  lb. of flour, 6 ozs. of dripping.

Cut the meat into slices, arrange it in layers in a piedish with thin slices of bacon. Sprinkle with pepper, and a little chopped parsley, if liked, pour in enough water to half fill the dish. Put the flour in a basin with a pinch of salt, rub the dripping into it, mix to a paste with cold water, roll it out, brush the edge of the piedish with water, cut off a strip of paste and press it on, wet the edge again, lay the crust on, press down the edges lightly and trim off the paste. Bake for one-and-a-half hours.

### BEEF-STEAK PIE—No. 2.

1 lb. of buttock or rump steak,  $\frac{1}{4}$  lb. of bacon, 1 dessertspoonful of chopped parsley, pepper and salt, puff paste for crust, 1 yolk of egg.

Cut the meat into long strips, arrange it in layers in a piedish, between each layer sprinkle a little salt,

pepper, parsley, and thin slices of bacon. Fill the dish sufficiently to support the crust, pour in enough water to half fill the dish; roll out some puff or ordinary paste, brush the edge with water, cut a strip of paste to go on the edge of the dish; brush over again with water and put on the cover of paste, press down the edges lightly with your thumb, and trim off the paste closely; make a hole in the centre, ornament round the centre with fancy cut pieces of paste; brush over with the beaten yolk of an egg; and bake in a hot oven for about one-and-a-half hour or more, until it is brown.

### RABBIT PIE.

*1 small rabbit, 6 thin slices of bacon or pickled pork, 1 yolk of egg, 1 hard-boiled egg,  $\frac{1}{2}$  chopped onion, 1 dessertspoonful of chopped parsley, pepper and salt, paste for crust, stock or water.*

The rabbit should be parboiled, and cut up into neat pieces; put them in a piedish with sufficient water or stock to cover them. Place the thin slices of bacon or pork in with the rabbit; season with pepper, salt, and chopped parsley. Cut the hard-boiled egg in quarters and place it on top. If the piedish should not be full enough, you may cut up some scraps of cold veal and put among the meat. Wet the edge of the dish, put on a strip of paste rolled out one-third of an inch thick, wet the edge again and cover with paste, press down the edge with your thumb, trim off the paste closely, make a small hole in the centre, ornament with fancy cut pieces of paste; brush over with beaten yolk of egg; and bake for about one-and-a-half hours.

**GIBLET PIE.**

6 pennyworth of duck or goose giblets,  $\frac{1}{4}$  lb. of bacon or pickled pork,  $\frac{1}{2}$  onion chopped, 1 dessertspoonful of chopped parsley, pepper, paste for crust.

Wash the giblets in cold water, scald them with boiling water, put them in a stewpan with sufficient water to cover, add the bacon or pork, and let simmer for about two hours. Take out the meat, strain the stock, remove the fat; cut the pork into slices. When cold fill up a piedish with the giblets and pork; season with black pepper, sprinkle between with the chopped parsley and onion. Add the stock in which the giblets were stewed; if not sufficient add a little water; cover with paste, and bake as directed in the foregoing recipe. A teaspoonful of sweet herbs (powdered) mixed with the meat will improve the flavour of the pie.

**CURRIED RABBIT—No. 1.**

1 rabbit, 1 onion, 2 ozs. of dripping,  $\frac{1}{2}$  apple, 1 tablespoonful of curry powder, 1 tablespoonful of flour, a pinch of salt,  $\frac{1}{2}$  tablespoonful of lemon juice, 1 pint of water.

Wipe the rabbit with a damp cloth, cut it into neat joints, melt the dripping in a saucepan, put in the pieces of rabbit and fry them to a nice light brown, then take them out and keep hot, and put in the sliced onion, stir over the fire a few minutes to get a golden colour, sprinkle in the curry powder and flour, and mix smoothly, then add the water, and let this come to the boil, well skim it, add the pieces of rabbit and the chopped apple; simmer gently for about an hour. Serve with boiled rice.

**CURRIED RABBIT—No. 2.**

1 rabbit,  $1\frac{1}{2}$  pint of stock, 1 sliced onion, 2 ozs. of butter, 1 oz. of dripping, juice of half a lemon, 2 dessertspoonfuls of curry powder, 1 dessertspoonful of flour, pepper and salt, 4 ozs. of plain boiled rice.

Wipe the rabbit with a damp cloth, cut it into neat joints, fry them in a pan with the dripping to a nice light brown, take out the pieces and pour off the fat; put the butter in the pan, when hot add the onion sliced thinly, stir over the fire for a few minutes to get a golden colour, add the flour and curry powder, let fry a little while; moisten with the stock or water, let it boil, skim well, and stir occasionally; now put in the pieces of rabbit and let them simmer gently for about an hour or more. When tender add the lemon juice and dish up. Dress the boiled rice in small heaps round the dish, and serve.

**STEWED RABBIT WITH ONIONS.**

1 skinned rabbit,  $1\frac{1}{2}$  pint of boiling water, 1 table-spoonful of mushroom ketchup, 4 small onions, pepper and salt, 2 slices of toasted bread, 1 table-spoonful of flour,  $\frac{1}{2}$  oz. of butter, 1 teaspoonful of chopped parsley.

Wipe the rabbit well with a damp cloth, cut it into joints with a sharp knife, place them in a stewpan with the boiling water, add the onions (peeled), season with salt and pepper, stew gently for about two hours. Before serving break up the onions with a fork; mix the flour with the butter, add to it the ketchup and parsley, and thicken the gravy with this. Cut the pieces of toast neatly, and serve round the dish.

**CALF'S BRAIN CUTLETS.**

Soak the brains in tepid salted water, skin, and thoroughly cleanse in plenty of water; put them into boiling water and boil ten minutes, then into cold water to harden and whiten them; drain on a colander. When cold, shape into oval cutlets, egg and bread-crumbs them, and fry a light brown in plenty of good boiling lard; drain and serve hot either with tomato sauce (round, not over), mushroom sauce, or plain white sauce made with milk or cream, and flavoured with a pinch of mace, cayenne, salt, teaspoonful of sherry, and a few drops of lemon juice.

**CROQUETTE FRITTERS.**

With about half a pound of either cold roast veal or fowl, or both, have about the same weight of raw beef, and 4 ozs. of the suet belonging to the latter. Remove all gristle, skin, &c., then chop all together into as fine a mince as possible. The following ingredients must also be chopped finely: half a pound of mushrooms, 1 large truffle, 2 carrots, 1 onion, 8 or 10 oysters, and some sprigs of parsley. Mix everything together, season with pepper and salt, and form into a paste with mashed boiled chestnuts and as many eggs as are necessary. Spread some flour on a flat dish, form the paste into sausage shapes, dip into a savoury batter, and fry in boiling fat until a rich brown. Send to the table nicely "piled up," and garnished with parsley.

**BAKED PIG'S FRY.**

*½ lb. of pig's fry, ½ lb. of potatoes, 1 onion, a few*

*sage leaves,  $\frac{1}{2}$  pint of water, 1 teaspoonful of chopped parsley, pepper and salt.*

Cut up the fry, peel and chop the onion, put the meat into a piedish, sprinkle thickly with the onion, parsley and sage, season with salt and pepper. Slice the potatoes and lay them on the top, fill up the dish with water or stock and bake in a moderate oven one hour. Cost 4d.

### CORNISH PASTIES.

*2 ozs. of meat (cooked or uncooked), 2 potatoes,  $\frac{1}{2}$  onion, 1 tablespoonful of water, pepper and salt. For the pastry:  $\frac{1}{2}$  lb. of flour, 2 ozs. of dripping, water to mix.*

Cut up the meat, onion and potatoes, and mix with the pepper, salt and water, on a plate. Put the flour in a basin with a pinch of salt, rub the dripping into it and make a firm paste with the water. Roll it out on a board, cut out some rounds, place a portion of the meat and vegetables on each, wet the edges and pinch together firmly, so that the join comes at the top. Place on a greased baking-tin and bake in a hot oven for half-an-hour. Cost 4d.

### PIG'S HEAD.

*$\frac{1}{2}$  pig's head,  $\frac{1}{2}$  oz. of powdered sage, 1 tablespoonful of Worcester sauce, a little gravy or stock, pepper and salt, apple sauce.*

Wash the head, put it in a stewpan with sufficient water to cover it. Boil it until you can easily remove the bones, rub it over with salt, pepper, and powdered sage. Put it in the oven for about half-an-hour, baste well; when well browned, place it on a dish. Have

ready a little gravy mixed with Worcester sauce, pour this round the dish, and serve with apple sauce.

NOTE.—Pig's head is also served boiled, when previously pickled, and is sent to table with boiled carrots and turnips dressed round the meat.

### ROAST FOWL AND BREAD SAUCE.

*1 fowl, butter, watercress to garnish.*

Truss the fowl for roasting. Keep it well basted with the butter; it will take from three-quarters of an hour to one hour and a quarter to cook, according to size. Serve on a hot dish, season the watercress with pepper, salt, a few drops of oil and vinegar, and serve round the chicken.

**Bread Sauce.**— *$\frac{1}{4}$  pint of bread-crumbs, 1 slice of onion,  $\frac{1}{2}$  pint of milk, pepper and salt, 1 tablespoonful of cream (if liked).*

Put the milk, onion, and bread-crumbs into a saucepan and simmer gently for a quarter of an hour. Take out the onion, season with pepper and salt, and stir in the cream. Serve.

### \* FRIED SWEETBREAD.

*1 lamb's throat sweetbread, 1 egg, bread-crumbs.*

Parboil the sweetbread. Take it up and cut away all gristle or fat. Dip into beaten egg seasoned with pepper and salt, then into bread-crumbs, and fry gently in a little clarified butter. It will take about three minutes on each side. Drain and serve on a dish-paper garnished with parsley. A heart sweetbread may be parboiled, trimmed, stewed in a little stock, and served on a dish with brown or white sauce poured over.



**\* CHICKEN CUTLETS.**

Take the legs of the fowl, removing the thigh-bones, but leaving the drumsticks in to keep the cutlets in shape. Put the legs into a saucepan together with as much good stock as will cover them; simmer very gently until they become tender, then remove and place them between two dishes, putting a weight upon the top, and set aside until cold. Then trim off the edges, shaping them into cutlet form, season with a little pepper and salt, brush over with a little butter, dip into egg, then into fine bread-crumbs, and fry in butter or lard until nicely browned (whether butter or lard be used for the frying, it should be very hot when the cutlets are put in); turn them from one side to the other while cooking, so that they may be evenly browned, and when done place on a hot dish, and send to table with a good gravy made from the fowl bones and trimmings.

**BROILED PARTRIDGE.**

Take 2 partridges as for roasting, cut them in two, and thoroughly clean the insides, pepper and salt well; place them on a grill, flesh downwards, over a clear fire; broil for twenty minutes. When done, serve hot with a rich clear gravy, made of half a pint of water and one teaspoonful of Liebig Company's Extract of Meat.

NOTE.—Pheasants may be cooked in this way, but must be cut into four.

**\* STEWED DUCK WITH TURNIPS.**

1 *trussed duck*, 3 ozs. of *butter*, 1 *bouquet garni*, 6 *turnips*,  $\frac{1}{2}$  *pint of Espagnole sauce*, 1 *gill of stock*,

1 glass of Madeira, salt, pepper, a pinch of sugar, 2 ozs. of bacon.

See that the duck is properly singed, drawn and trussed, then put it in a large stewpan, together with the butter and bacon (cut into pieces). Season with a teaspoonful of salt and half a teaspoonful of pepper. Fry slowly until it acquires a golden colour. Drain off the fat and keep for frying the turnips. Add the sauce, herbs, stock and wine, put on the fire, let it boil, remove the scum, cover and cook very gently from half-an-hour to three-quarters of an hour, according to the size of the duck.

Peel the turnips, cut them in quarters, trim neatly and put in a sautepan with the butter. Season with a pinch of salt and sugar, and fry slightly brown, drain, and add them to the duck. Cook for another twenty minutes.

Lift out the duck, untruss, and place in the centre of a hot dish. Surround it with groups of turnips. Strain the sauce, skim, and reduce. Pour some of the sauce over the bird, and serve the remainder separately in a boat.

### HASHED POULTRY.

*The remains of cold fowl or duck, about 1 pint of stock, 1 oz. of dripping, 1 small onion,  $\frac{1}{2}$  oz. of butter,  $\frac{1}{2}$  oz. of flour, salt and pepper, a few drops of lemon juice, 1 slice of toasted bread.*

Cut the cold poultry into neat pieces; put the trimmings into a stewpan with the stock and let stew. Cut the onion very small, melt the dripping and fry the onion a little; put in the pieces of fowl or duck, season with salt and pepper; let them brown a

little; mix the flour and butter together, add it to the poultry, pour in the stock gradually, and let all simmer gently for about half-an-hour. Take out the pieces, dish up on a hot dish, moisten the sauce with a little more stock or water if too thick, let it boil up, add a squeeze of lemon, take off the scum, and strain over the dish. Cut the toasted bread into small pieces, put round the dish, and serve.

### BOILED CHICKEN AND SAUCE.

*1 chicken, 1 carrot, 1 turnip, 1 onion, 1 teaspoonful of salt.*

Truss the chicken for boiling, put it in a stewpan with enough boiling water to cover, add the vegetables, boil up and skim. Simmer for one hour to one-and-a-quarter hour, according to size. Drain, untruss, dish up, and pour the previously prepared sauce over.

**The Sauce** *is made as follows: 2 ozs. of butter, 1½ oz. of flour, 1 pint of milk, 2 hard-boiled eggs, slice of onion, carrot, 1 bayleaf, 12 peppercorns.*

Simmer the vegetables and peppercorns in the milk for ten minutes, melt the butter, stir in the flour, add the milk. Stir until it boils, and boil for three minutes. Season and put the chopped white of egg into the same, strain over the chicken, and garnish with the yolk of egg rubbed through a wire sieve. If desired half stock and half milk can be taken to make up the pint of liquid. Green peas served round the dish make a nice change in lieu of egg.

**\* FILLETS OF BEEF WITH TOMATOES.**

1 to 1½ lb. of fillet of beef, 3 ozs. of butter, 2 tomatoes, ½ pint of stock or gravy, 1 dessertspoonful of flour, ½ teaspoonful of chopped parsley, ½ teaspoonful of lemon juice, salt and pepper, a little grated horseradish.

Cut the meat crossways into six or eight fillets of even size, flatten each a little and trim neatly. Melt one-and-a-half ounce of butter in a saute or frying pan; when hot, put in the fillets and fry over a brisk fire long enough to brown each side, season with salt and pepper (they should be rather under-done). Take up the fillets and keep hot. Put the flour into the pan containing the butter, fry till brown, add the stock or gravy, boil for ten minutes, skim well, season with salt and pepper, and strain into a small saucepan. A little meat jelly, if handy, or meat extract, may be added to the sauce.

Cut the tomatoes into slices about one-third of an inch thick, fry them in a little butter, and season. Dress the fillets on hot dish, placing a slice of tomato between each fillet. Mix the remainder of butter with the parsley and lemon juice, divide it into little pats and place on top of the fillets, pour the sauce round the dish, and garnish with a little grated horseradish.

**\* FILLETS OF BEEF WITH MUSHROOMS.**

Proceed in the same manner as above, omitting the tomatoes and replacing them with half a pound of fresh cup or button mushrooms; peel and wash them, drain on a cloth and fry when dry in butter, season with pepper and salt. Dish the fillets in a circle on a hot dish put the mushrooms in the centre with a little

grated horseradish on the top, pour the sauce round the fillets and serve. The parsley butter should in this case be omitted. The mushrooms will require a little more butter than the tomatoes, hence the same quantity of butter as above stated will be needed.

### MINCED BEEF AND POACHED EGGS.

$\frac{3}{4}$  lb. of underdone beef,  $\frac{1}{2}$  pint of gravy, 1 oz. of butter,  $\frac{1}{2}$  oz. of flour, 1 teaspoonful of vinegar, 2 poached eggs.

Cut up the meat into dice, sprinkle the flour over it. Heat the butter and fry the meat in it two or three minutes, also the onion minced; add the gravy, cook gently for ten minutes, dish up. Garnish the dish with sippets of toast, and place the poached eggs on the top.

### COLD MEAT CUTLETS.

$\frac{3}{4}$  lb. of cold meat minced, 2 tablespoonfuls of minced mushrooms, 1 oz. of cooked ham minced,  $1\frac{1}{2}$  oz. of butter,  $1\frac{1}{2}$  oz. of flour, bread-crumbs, a gill of stock, 1 egg, salt and pepper.

Melt the butter, add the flour, stir till smooth; add stock, boil for a few minutes; add the cold meats and a few bread-crumbs; season to taste, and spread the mixture on a plate to the thickness of about half an inch, and set aside till cold. When cold, divide the mixture into several even-sized portions. Take each piece and form it into the shape of a cutlet, insert into the thin end of each a piece of macaroni, about an inch long, to represent the bone, brush over with the

beaten egg, roll in the bread-crumbs, fry to a nice brown colour in enough hot fat to cover them, and drain on paper or cloth. Dish in a circle and garnish with parsley and serve.

### RISSOLES.

*6 ozs. cold meat minced, 1 oz. of butter, 1 oz. of flour,  $\frac{3}{4}$  gill of stock, 3 ozs. of bread-crumbs, 1 egg, 1 tablespoonful of minced parsley, salt and pepper,  $\frac{1}{2}$  lb. of short crust paste.*

Melt butter, stir in the flour till smooth, then add the stock and boil gently for a few minutes. Add the minced meat, cook a little longer and put the mixture on a plate to cool, season to taste. Roll out the pastry very thin, stamp out some rounds about three inches in diameter; put a teaspoonful of the mixture in the centre of each, wet the edges of the pastry, fold over in half and close up the edges. Brush each rissole with the beaten egg, and roll in the bread-crumbs; fry them in hot fat to a golden brown, drain well, pile up on a dish, garnish with par ley and serve.

### HASHED MEAT.

*1 lb. of cold meat (beef or mutton), 1 oz. of butter, 1 oz. of flour,  $\frac{1}{2}$  pint of gravy or stock, 1 good-sized tomato, 1 small onion, salt and pepper.*

Cut the meat into thin slices, peel, slice, and chop the onion and fry in the butter, add the flour, then stock or gravy, and the tomato cut up small, season to taste, simmer fifteen minutes, strain and add the sliced meat to the sauce; simmer gently for fifteen minutes, dress in the centre of a dish, garnish with mashed potatoes or with pieces of toast and serve hot.

**GRILLED CHICKEN.**

Divide a small tender chicken in half, wipe well and brush over with oiled butter or salad oil, place in a clean greased grill and broil in front or over a clear fire, turning and basting same from time to time. It should be tender and fit for serving in about twenty minutes. Dish up, put a little parsley butter on top, season with pepper and salt, and send to table with a boat of nice gravy. A few rashers of fried bacon plain or dressed round the chicken are also very nice.

**\*FRICASSÉE OF FOWL.**

*1 fowl, 1 small onion, 1 carrot, 1 bunch of parsley and herbs, 2 cloves, blade of mace, 1 oz. of butter, 1 oz. of flour, ½ pint of white stock, a little cream or milk, 1 yolk of egg, 1 teaspoonful of lemon juice, seasoning.*

Truss the fowl as for boiling, put it in the saucepan with sufficient water to cover and boil up, skim, add salt, peppercorns, the onion, carrot, cloves, herbs and mace, and cook for twenty minutes. Take up, let cool and cut the fowl into neat joints. Use the carcass for enriching your stock needful for the sauce. Melt the butter, stir in the flour, cook a little, but do not let it take colour, moisten with half a pint of stock and a little milk (vegetables for flavouring from stock can be left in the sauce), stir till it boils, put in the fowl, and cook gently for about twenty minutes according to the size and age of the fowl. Take up the fowl, dish up, strain the sauce, return to the stewpan, stir in the egg yolk and about a tablespoonful of cream, season with pepper, salt and lemon juice. Heat up without boiling and strain the sauce over the fowl. A few sliced preserved mushrooms added to the sauce make it more tasty.

**\* SALMI OF PIGEON.**

*2 pigeons, 2 ozs. of butter, 1 oz. of flour, a bayleaf, bunch of sweet herbs,  $\frac{1}{2}$  onion, 8 preserved mushrooms, 1 glass of sherry,  $\frac{1}{2}$  pint of stock, 1 small carrot, salt and pepper.*

Pluck, singe, draw and wash the pigeons, cut off the heads, feet and wings at the first joint. Roast them for ten minutes, using an ounce of butter, and divide each bird into four joints, heat the remainder of the butter and fry the carrot and onion sliced, then add the flour and brown it, add the stock and a little liquid from the mushrooms, herbs, bayleaf, then add the pigeons; simmer slowly in the sauce for about thirty minutes; lift out the pigeons, strain the sauce into another pan, skim off the fat, add the sherry and mushrooms, re-heat, not allowing it to boil, pour over the pigeons and serve.

A little lemon juice may be added to the sauce if liked; the mushrooms may be left whole or cut into slices. The birds may be dressed on a piece of toast or on fried bread croûtons if liked. Ducks, partridges, or grouse are cooked in the same manner.

**\* LAMB'S OR CALF'S SWEETBREAD.**

Trim the sweetbreads, put them in a stewpan with enough water to cover, boil for ten minutes, strain and put into cold water to cool, take out and dry them on a cloth. Cut them into slices about half an inch thick; if lambs' breads are used cut them into halves longways; season with pepper and salt. Egg and crumb each piece, and fry a golden colour in hot dripping or lard. Drain on a cloth, dish up on a hot dish, garnish with cooked green peas or boiled tomatoes and serve with brown sauce or tomato sauce.



**JUGGED HARE.**

*1 hare, jointed,  $\frac{1}{2}$  lb. of bacon, 1 onion, 1 glass of port wine, 2 cloves, bunch of sweet herbs, a little grated lemon rind, 1 pint of stock,  $1\frac{1}{2}$  oz. of butter, 1 oz. of flour, salt and pepper.*

Cut the bacon into slices, fry it nicely in a stewpan, take it out and add the butter. When hot put in the pieces of hare, which must be wiped dry, fry carefully. Sprinkle the flour over the hare and continue to fry till the flour is brown, then add the stock, boil up, skim, put in the wine, onion stuck with cloves, herbs, and lemon rind, season with pepper and salt and simmer gently for one-and-a-half hour or two hours according to the size of hare. Add the bacon ten minutes before it is done. Dish up the hare and bacon, skim the sauce, and strain over the hare.

**SPATCHCOCK.**

Truss a young chicken or fowl, the same as for roasting, then split it from top to bottom down the backbone; the breast part of the bird must be left quite whole. Spread out flat and skewer the legs, brush over with oiled butter, place it on a gridiron and cook over or in front of a clear fire for about half-an-hour. Baste the bird freely during the process of broiling. When done, sprinkle over with salt and pepper, sufficient to taste. Serve on a hot dish, remove the skewer, and place a few tiny rolls of fried bacon round the dish, garnish with watercresses and serve.

## S A U C E S .

### WHITE SAUCE.

*½ pint of milk, 1 gill of white stock, 1 small onion, 1 clove, 1 oz. of butter, 1 oz. of flour, 6 peppercorns, 1 bayleaf, a pinch of nutmeg, salt.*

Boil the milk in a saucepan; peel the onion, stick in a clove; put it into the milk with bayleaf and peppercorns. Mix the flour well with the butter; put it in a saucepan, stir with a wooden spoon; moisten with the stock and bring it to a boil; stir in the boiling milk, &c. Let all boil until the flour is thoroughly cooked; it will take about ten to fifteen minutes. Take out onion, bayleaf, and peppercorns; add a pinch of nutmeg and one of salt. If it is not smooth pass it through a sieve. Should a richer sauce be desired, a small piece of butter or a little cream may be worked in after the sauce is strained, but it must not boil again.

### MELTED BUTTER SAUCE.

*1½ oz. of butter, 1 oz. of flour, about ½ pint of cold water, a pinch of grated nutmeg, salt.*

Put the butter in the saucepan, let it melt, stir in the flour; now add the water gradually (if it is to be served with fish use fish stock in place of water); stir, and

bring it gently to a boil. Add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled, or grilled fish, &c.

### ANCHOVY SAUCE.

Take a gill of melted-butter sauce and mix whilst hot with one dessertspoonful of essence of anchovy. A few drops of lemon juice may be added. This sauce is served with boiled or fried fish, and should always be sent to table in a sauce-boat, and not poured over the fish.

### CAPER SAUCE.

*1½ oz. of butter, 1 oz. of flour, ½ pint of water, 2 tablespoonfuls of capers, 1 tablespoonful of caper vinegar, salt.*

Make a melted-butter sauce as directed in second sauce; chop the capers coarsely, add them with the vinegar to the sauce; boil for five minutes, and serve. This sauce is served with boiled mutton or boiled fish.

### PARSLEY SAUCE.

*½ pint of white sauce, 1 tablespoonful of chopped parsley, the juice of ¼ lemon.*

Have the white sauce quite hot, stir in the chopped parsley, add the lemon juice if liked; boil for two minutes, and serve. N.B.—The parsley after being chopped should be put in the corner of a cloth and mashed and squeezed dry before it is put into the sauce

**EGG SAUCE.**

*½ pint of melted-butter sauce, 2 eggs, a few drops of lemon juice.*

Boil the eggs for fifteen minutes, put them into a basin of cold water to cool, take off the shells, chop rather coarsely. Prepare the melted-butter sauce, and when ready stir in the chopped eggs. A few drops of lemon juice or vinegar may be added if desired.

**EGG SAUCE FOR BOILED FISH.**

*1 egg boiled hard, 1 oz. of flour, 1 gill of milk, ½ oz. of butter, salt and pepper, 1 gill of fish liquor.*

Boil the egg for fifteen minutes, then put it into cold water; peel off the shell and chop up. Mix the flour with a little milk to make a smooth paste. Put the remainder of milk, together with the fish-stock, into a small saucepan; add the butter, let this come to the boil and then pour in the flour, stir till it thickens, and boil for at least ten minutes to thoroughly cook the flour; add the egg, season to taste, and then pour the sauce over the fish for which the sauce is intended.

**HORSERADISH SAUCE.**

*1 large tablespoonful of grated horseradish, 1 gill of vinegar, 1 dessertspoonful of prepared mustard, 1 teaspoonful of fine sugar, pepper and salt.*

Put the grated horseradish into a small tureen, mix the mustard with vinegar, add, together with the sugar, a teaspoonful of salt and half a teaspoonful of pepper, mix well, stir in the vinegar, and serve. This sauce is served with roast beef, hot or cold.

**BROWN SAUCE.**

$\frac{1}{2}$  pint of *gravy* or *stock*, 1 *onion*, 1 *carrot*, 1 oz. of *butter* or *dripping*, 1 oz. of *flour*, 1 *dessertspoonful* of *mushroom ketchup*, 1 *dessertspoonful* of *vinegar*, *salt* and *pepper*.

Peel the onion, scrape the carrot, cut up both into small pieces, melt the butter or dripping in a saucepan; when hot add the vegetables and flour, stir over the fire until brown; put in the vinegar, ketchup, and gravy, stir until it boils, skim well, and allow to simmer for twenty minutes. Strain and season to taste, and serve as required.

**BROWN ONION SAUCE.**

$\frac{1}{2}$  pint of *brown stock*, 2 *small onions* *peeled* and *chopped*, 2 ozs. of *dripping*, 1 *tablespoonful* of *cornflour*.

Put the onions in a stewpan with dripping and fry until they are a nice brown; add the stock, let it boil up, mix the cornflour with a little water and add to the sauce; simmer slowly until the onions are cooked. Season with pepper and salt before serving.

Ordinary flour may be used in place of cornflour; it should be browned with the onions.

**TOMATO SAUCE.**

3 *ripe tomatoes*,  $\frac{1}{2}$  *bayleaf*, 1 *sprig* of *thyme*,  $\frac{1}{2}$  *small onion*,  $\frac{1}{2}$  oz. of *butter*,  $\frac{1}{2}$  *gill* of *brown sauce*, *pepper* and *salt*.

Cut the tomatoes in halves, squeeze out a little of the juice, cut them into small pieces, and place in a stewpan with half an ounce of butter, herbs and onions, the latter chopped up finely. Let all simmer until tender, and rub through a sieve. Return to the stewpan, add the brown sauce, boil for ten minutes, and serve.

NOTE.—A few drops of vinegar or lemon juice may be added to the sauce where piquancy is liked.

**HOLLANDAISE SAUCE.**

*2 yolks of eggs, 1 gill of white sauce, 1 oz. of butter,  
1 teaspoonful of vinegar, salt and pepper.*

Heat up the sauce in a small saucepan, stir in the yolks of eggs, stand the saucepan in boiling water over the fire and whisk until nearly boiling, add the butter in small quantities, also the vinegar. Season to taste, and whisk until the sauce has the consistency of a light cream. This sauce is excellent with boiled fish, asparagus, cauliflower, artichokes, &c.

**RICH BROWN SAUCE.**

*1½ gill of brown sauce, 1 teaspoonful of Liebig Company's Extract of Meat, ½ wineglassful of sherry, 1 shallot, 1 mushroom fresh or 2 preserved.*

Peel and chop the shallot, chop the mushrooms, put them in a small stewpan with the sherry, cover and let infuse for five minutes over a slow fire. Add the meat extract and the brown sauce, boil up and serve. A little chopped parsley may also be added if liked. No extra seasoning will be required if the brown sauce used is sufficiently seasoned.

**PIQUANTE OR SAVOURY SAUCE.**

*2 chopped shallots, ½ small carrot, ½ small turnip, 1 oz. of minced lean bacon or ham, 1 teaspoonful of flour, 2 cloves, 4 tablespoonfuls of vinegar, 1 glass of port wine, ½ pint of stock, 1½ ozs. of butter, salt and pepper.*

Mince the vegetables, fry them for five minutes in the butter with ham and cloves, add the vinegar,

stock, flour, and seasoning ; simmer for twenty minutes, skim and strain ; a small glass of port wine added and simmered in this sauce will be found a great improvement. This sauce is usually served with grilled meats, chops, steaks, cutlets, &c., but may be served with any other meat dishes when piquancy is desired.

### **SWEET SAUCE FOR PUDDINGS, &c.**

*3 ozs. of sugar, 1 dessertspoonful of cornflour, 1 oz. of butter, half a lemon,  $\frac{1}{2}$  pint of water.*

Cut the rind of half a lemon very fine, boil it for a few minutes in half a pint of water ; add the sugar ; mix the cornflour with the butter, and stir into the syrup whilst boiling. Add the strained juice of lemon and stir until it thickens, cook slowly for ten minutes.

### **VANILLA SAUCE.**

Proceed the same as for the above sauce, only substitute half a pint of milk for the water, adding a few drops of essence of vanilla and omitting the lemon juice.

### **LEMON SAUCE.**

A delicate and delicious sauce for light boiled puddings may be made in the following manner:—Cut the rind of half a lemon very thin, taking off none of the white ; boil it for three minutes in half a pint of water ; strain into it the juice of a lemon, sweeten with an ounce of sugar, and add, just before serving, a tablespoonful of brandy.

**APRICOT SAUCE.**

*1 tablespoonful of apricot jam, 1 dessertspoonful of sugar, 1 dessertspoonful of cornflour, 1½ gill of water.*

Boil the jam, water, and sugar together; mix the cornflour with a little water, stir into the syrup, and let it boil for a few minutes, strain it and serve.

**SWEET MELTED BUTTER.**

*½ oz. of flour, 1 oz. of butter, ½ gill of milk, 1 dessertspoonful of sugar.*

Melt the butter, add the flour, cook a little, stir in the milk, and boil gently for some minutes. Any kind of flavouring can be added to this sauce.

**CUSTARD SAUCE.**

Boil half a pint of milk, heat up two yolks of eggs in a basin, add a heaped up tablespoonful of castor sugar, add some flavouring essence if liked, stir the boiling milk gradually on to the eggs, return into the stewpan and stir over a gentle fire until the custard is formed. It must not on any account be allowed to boil. If liked a little thicker, a teaspoonful of cornflour may be mixed with a little cold milk; this must be added to the hot milk before the yolks, &c., are incorporated. Cinnamon, nutmeg, or lemon rind may be used as flavouring in place of essence.

**CHOCOLATE SAUCE.**

Boil half a pint of milk with half an ounce of grated chocolate, add half a gill of cream, stir this on to two yolks of eggs well beaten, return to the stewpan over the fire and stir until it thickens. A little sugar may be added if required.



**WINE SAUCE.**

*A gill of white wine, 1 egg, 1 tablespoonful of sugar.*

Put into a stewpan half a gill of any kind of fruit syrup. Add the egg and wine, stir well with a whisk, then set on the fire and continue to whisk until it becomes thick and of a frothy appearance without actually boiling; it is then ready to be poured over a pudding.

**MINT SAUCE.**

*2 tablespoonfuls finely-chopped mint (green), 1 dessert-spoonful brown sugar, 3 to 4 tablespoonfuls vinegar.*

Put the mint into a basin, add the sugar, and pour little warm water over, sufficient to dissolve the sugar; cover and let cool, then add the vinegar, stir well and pour into a sauceboat.

**APPLE SAUCE.**

Peel and core 2 or 3 cooking apples, cut them into slices and put in a stewpan with 2 tablespoonfuls of water, add about  $\frac{1}{2}$  an ounce of sugar and cook slowly until a pulp. Stir occasionally. A small piece of butter added at the last improves the flavour of this sauce. This sauce should be passed through a sieve.

## VEGETABLES AND SALADS.

### HOW TO COOK POTATOES.

Cooking potatoes requires as much care as anything else pertaining to the culinary art. The national cuisine as a rule produces but one or two ways of preparing potatoes for table. The first is boiling (plain boiled, which often means plain spoiled), and the other fried. Surely this highly valued article of our daily food deserves better attention on the part of the cooks, for there are no fewer than two hundred and fifty different ways known to prepare potatoes. On the Continent the most ordinary of plain cooks is capable of producing delicious variations in the treatment of this excellent vegetable.

The most common way of cooking in France is that known as "sautées," which is one of the most delicious ways of preparing potatoes. It is said that the plain boiled potato has been the bane of English cookery.

As an article of diet in England the potato is comparatively of modern innovation. The story of Sir Walter Raleigh's potato plantation in Ireland is known to most: when Sir Walter's gardener, who, on tasting "the apples of the fine American fruit which had been planted at his garden at Youghal, found them very nasty;" in consequence of this Sir Walter ordered the gardener to throw away the useless weeds.

**BOILED POTATOES.**

Old potatoes are put into cold water, and new potatoes into hot water. The most economical way is to boil the potatoes in their skins after well washing them. Pick out the potatoes as nearly as possible of the same size; large ones require slower boiling than small ones; whether large or small they must never boil very fast. Sufficient salt should always be put in the water (one dessertspoonful of salt to ten potatoes). Old potatoes take about thirty to thirty-five minutes to boil; they take longer if steamed, and about one hour if baked. When not boiled in their skins they are washed and peeled, the eyes and specks cut out, and put on in a stewpan with sufficient water to cover them, and salt in the above proportion; let them boil until done, strain off the water, put the stewpan partly uncovered by the side of the fire to allow them to dry and to let the steam escape. Dish them up very hot, but do not cover them over.

**MASHED POTATOES.**

*2 lbs. of potatoes, 1½ oz. of butter or dripping, ½ gill of milk, salt, pepper, and nutmeg to taste.*

Boil the potatoes either in their skins or peeled. When thoroughly dry and peeled pass them through a wire sieve or beat them with a large fork until smooth; add the butter, milk (warmed), a little salt, pepper, and grated nutmeg, and stir over the fire until quite hot. They can be served as they are, or pressed in a mould and turned out, or dressed up and browned in a hot oven.

### BAKED POTATOES.

Choose large potatoes of equal size ; wash them well with a brush, and bake in the oven for one hour or more. When potatoes are baked after being peeled they require some fat or else they are baked under a joint of meat. They require turning from time to time.

**Another way.**--Wash and peel the potatoes, drain well and put them under the meat which is being baked, having plenty of dripping to baste them ; allow to bake along with the meat, sprinkle with salt and serve them with the meat.

### FRIED POTATOES.

Wash and peel the potatoes, cut them into slices about one eighth of an inch thick, cut these into narrow strips, dry them on a cloth. Have ready the frying fat ; when smoking hot put in the potatoes, shake them well whilst frying ; allow them to get a nice light brown, take out, drain on paper or cloth, sprinkle with salt, and serve on a hot dish.

**Another way.**—Cut about one pound of cold peeled potatoes into slices, put them in a frying-pan containing an ounce of very hot dripping, allow the potatoes to fry a golden brown on both sides, being careful not to break the slices in turning, sprinkle with pepper and salt, dish up and serve.

### SAUTÉ POTATOES.

This is a way of re-dressing cold potatoes. If the potatoes are not peeled, peel them and slice them thinly. Have ready a clean frying-pan. melt a piece of

butter or dripping (two ounces to every pound of cold potatoes). When thoroughly hot put in the sliced potatoes; season with a little pepper and salt. Allow them to fry over a clear fire until slightly browned or a nice yellow. They must be turned occasionally.

### **SAUTÉ OR TOSSED POTATOES, FRENCH STYLE.**

Slice as thinly as possible about 8 cold potatoes of medium size. Melt  $1\frac{1}{2}$  oz. of butter in a frying-pan or omelet-pan, put in the potatoes, season with pepper and salt.

Cook over a quick fire for five minutes, tossing very frequently; put them on one side of the pan, so as to give it the shape of an omelet. Allow them to colour nicely, then turn out on a hot dish, and serve.

### **POTATO CROQUETTES.**

Peel and cut into quarters 6 or more potatoes, boil, drain, and mash them thoroughly in the stewpan. Rub them through a sieve, put them back into the stewpan, and mix with a little milk or cream, a small piece of butter, 2 yolks of eggs; season with salt, pepper, and grated nutmeg. Set the stewpan over the fire for a few minutes, stir well and spread the purée on a dish to cool. When cool enough, shape some croquettes, dust with fine white bread-crumbs; dip each croquette in a beaten egg, then in crumbs, and fry them a delicate brown in hot fat or clarified butter. Drain them on a cloth, dish up on a folded napkin, garnish with fried parsley, and serve.

### STEWED POTATOES, PARISIAN STYLE.

Boil 12 large-sized potatoes in their jackets; when cold, peel and cut them into slices. Put them in a stewpan with a piece of butter, a pinch of sweet mixed herbs, and half a gill of milk; season with salt, pepper, grated nutmeg, a little chopped parsley and shallot. Let all simmer gently for ten minutes, stirring from time to time, to prevent burning. When ready for dishing up, squeeze the juice of half a lemon over the potatoes.

### FRICASSEED POTATOES.

Wash and peel 8 to 10 large kidney potatoes, scoop out by means of a vegetable scoop as many balls as possible. Cook them gently in salted water, drain and place in a stewpan; add an ounce of butter and about a gill of béchamel sauce, shake over the fire until hot, dish up in the form of a pyramid. Sprinkle over with dissolved meat glaze, and serve.

### POTATO SCALLOPS.

Peel and boil 12 potatoes, drain and rub them through a wire sieve into a stewpan; stir in a small piece of butter, two tablespoonfuls of cream, a tablespoonful of parsley, 2 yolks of raw eggs; season with pepper and salt. Butter some scallop shells, dust them with fine bread-crumbs, fill the shells with the potato mixture, smooth over the top with a knife, brush over with oiled butter, strew white bread-crumbs and grated cheese over. Bake in a quick oven a delicate brown, and serve the shells on a dish with a folded napkin. A piquant or poivrade sauce should be served separately with the scallops.

### POTATO SALAD.

In many families cold boiled potatoes are considered as waste, and do not make their appearance a second time at table. If cut into thin slices and dressed with salt, pepper, oil, and vinegar, also, if possible, with beetroot and celery added to them, they compose a most excellent and refreshing salad, especially when lettuce is scarce. A little chopped parsley should always be sprinkled over this dish as a garnish.

**Another way.**—Cut some cold potatoes into slices, put them in a bowl, add sufficient salad dressing, consisting of one part of vinegar, two parts of oil, pepper, and salt. Mix the whole carefully, pile up in the centre of the bowl, wipe sides and sprinkle with chopped parsley or finely chopped onion if liked. Lettuces or cold vegetables may be mixed with the above.

### POTATO BALLS.

*2 lbs. of cold potatoes, 2 eggs, 1 oz. of butter, some bread-crumbs, fat for frying, pepper, salt, and nutmeg.*

Pass the potatoes through a wire sieve, put them into a clean stewpan with one egg well beaten, one ounce of butter or lard, a little grated nutmeg, pepper and salt; beat the mixture over a moderate fire until it is thoroughly hot, then spread it out on a dish and let cool. Make some balls or cork shapes on a floured board, dip them in beaten egg, then in bread-crumbs, and drop them into hot fat until of a light brown colour. Dish up on a hot dish and garnish with parsley.

**NOTE.**—A little milk or cream may be added to the mixture before it is heated.

### POTATO PANCAKES WITH CHEESE.

Grate 6 large raw peeled potatoes, moisten with a small cupful of milk, mix with 3 yolks of raw eggs, a piece of butter about the size of a walnut, a handful of bread-crumbs; season with salt and pepper. Add a handful of grated cheese and a little flour to make a nice smooth batter. Fry in an omelet-pan, with rather more butter than generally used for pancakes. When baked on each side, dust with grated Swiss or Cheddar cheese, fold them, and dish up on a folded napkin or dish-paper, garnished with fried parsley.

### SAVOURY POTATOES STUFFED.

Rasp 12 medium-sized round potatoes, cut off a small piece of the top of one side of the potatoes, scoop out the centre, but be careful not to break them. Next prepare a stuffing with a mixture of bread-crumbs, chopped parsley, thyme, chives, and shallot; season with salt and pepper, moisten with a spoonful of cream and yolk of egg. Fill the potatoes with this stuffing, place them in a buttered sautepan side by side, brush them with oiled butter, and bake them in a moderate oven.

### POTATO STRAWS.

Wash and peel some potatoes, cut them into small shreds, similar to julienne roots, wash well and dry on a cloth, throw them, a few at a time, into plenty of clear boiling fat, shake the potatoes about in the fat until they are crisp and of a deep yellow colour. Drain on a cloth, sprinkle slightly with salt, and serve on a folded napkin. In order to move the potatoes well in the fat so that they may be equal in colour it is best to use a frying basket, in which the potatoes are placed for frying.



**CURRIED POTATOES.**

Cut up 12 cold boiled potatoes, slice a large onion, and fry it in a little butter in a frying-pan. Add the potatoes, season with salt, dredge well with curry powder, moisten with a little stock and the juice of half a lemon. Shake the pan well over the fire, and let it stew for fifteen minutes, then serve as hot as possible.

**POTATO FRITTERS.**

Boil 6 good-sized potatoes, mash, and rub through a sieve, mix with half a pint of milk, a little cream, 3 yolks of eggs, a handful of bread-crumbs, a table-spoonful of grated Cheddar cheese, a little flour, a small piece of butter, and season with salt, pepper and grated nutmeg. Stir up well. Drop from the spoon and fry in clarified butter or fat to a rich brown colour, drain on a cloth, or shake well in a frying basket; dish up on paper or napkin, garnish with crisped parsley and serve.

**BOILED CABBAGE.**

Remove the brown or withered leaves from the cabbage, cut it in two, or in four if very large, cut out the coarse part of the stalk, wash and rinse well in cold water. Put it in a large stewpan with plenty of hot water to cover; add a small piece of soda, or a lump of sugar (this is just to keep the colour), season with salt to taste, and let boil gently from twenty to thirty minutes, according to size and age of cabbage; when done strain off the water, press on a colander, and serve.

NOTE.—All vegetables are much better if cooked gently after they come to the boiling point. Young

vegetables do not require so much cooking as old vegetables; the time varies from twenty to forty minutes. The water in which vegetables are cooked should always be kept well skimmed.

### COLCANNON.

Equal quantities of cooked potatoes and boiled cabbage, 1 oz. dripping, pepper and salt. Mash the potatoes with a fork, chop the cabbage up small and mix together with the pepper and salt, melt the dripping in a saucepan, add the vegetables, stir over the fire till quite hot; turn into a greased piedish and bake for half-an-hour and serve hot. Or the vegetables may be cooked with the dripping in a frying-pan.

### VEGETABLE MARROW.

*1 marrow, 1 oz. of butter or dripping, 1 dessert-spoonful of flour, 2 dessertspoonfuls of grated cheese, 1 teacupful of stock or gravy, pepper and salt.*

Cut the marrow in two lengthwise, peel it thinly, and remove the seeds. Put the marrow in a stewpan with sufficient stock or water to cover it; allow it to stew gently for about a quarter of an hour. Put a dessertspoonful of flour into a saucepan, mix it with the butter or dripping, the grated cheese, and work it until smooth; moisten with gravy or stock and let all boil for a few minutes; season the sauce with pepper and salt to taste. Drain the marrow, place it on a dish, pour over the hot sauce, and serve.

**SPINACH.**

*2 lbs. of spinach, 1 oz. of butter or dripping,  $\frac{1}{2}$  oz. of flour, salt, pepper and nutmeg.*

Pick and wash the spinach, put it into boiling salted water, and boil until tender. When done, strain on a colander, soak in cold water for a few minutes, drain again and chop up finely. Melt the butter in a stewpan, add the flour, put in the chopped spinach, season with pepper and a little grated nutmeg, stir over the fire until thoroughly hot, add a little stock if too thick, dish up on a round dish and ornament a little, put a few pieces of toasted bread round the dish, and serve.

**STEWED TURNIPS.**

*6 to 8 turnips, 1 teaspoonful of sugar, 1 gill of stock, 1 teaspoonful of sweet herbs, 1 oz. of butter, salt and pepper.*

Peel and wash the turnips, boil in salted water until tender, strain. Warm the sugar in the butter, let it get brown; add the powdered herbs, moisten with stock, put in the turnips, shake them well over the fire, season to taste, dish up, pour the sauce over, and serve.

**FRIED SPROUTS.**

*1 lb. of sprouts,  $\frac{1}{2}$  oz. of dripping, 1 teaspoonful of sugar or a little soda, salt and pepper.*

Trim and wash the sprouts, boil them in water for about fifteen minutes (the water must be boiling and contain salt and sugar before the sprouts are added), taking care that they are of a good colour and not

broken. Strain them on a colander or sieve. Dissolve the dripping in a frying-pan; when quite hot put in the sprouts, shake them well over the fire for a few minutes, season with pepper and salt, and serve.

### STEWED TOMATOES.

*1 lb. of tomatoes, 1 oz. of dripping,  $\frac{1}{2}$  onion, 1 teaspoonful of chopped parsley, pepper and salt.*

Remove the stalks from the tomatoes, wipe them with a cloth, cut them into quarters and remove pips; dissolve the dripping in frying-pan; when hot add the onion finely chopped, let them get a nice yellow, put in the tomatoes, season with pepper and salt, and stew for ten minutes; dish up, sprinkle with chopped parsley, and serve.

### BAKED TOMATOES.

*6 even-sized tomatoes, 1 oz. of fresh bread-crumbs, 1 oz. of grated cheese, 2 mushrooms, 1 teaspoonful of chopped parsley,  $\frac{1}{2}$  oz. of butter, pepper and salt.*

Cut the tomatoes in halves crossways, scoop out a little of the pulp, and mix with bread-crumbs, cheese, chopped mushrooms, parsley, and butter. When these ingredients have been well mixed, fill the tomatoes with them, place on a buttered tin, season with a little pepper and salt, and bake in a moderate oven from fifteen to twenty minutes.

### BOILED FRENCH BEANS.

Cut the heads and tails off the beans so as to remove the strings, cut them into pieces lengthwise, throw

them into salted water. Have ready a saucepan of boiling water with a small piece of soda and sufficient salt to taste, put in the beans and keep them boiling until tender, when they sink to the bottom of the stewpan. Pour them into a colander or sieve, and drain, dish up, and serve.

### BOILED GREEN PEAS.

Shell the peas, put them into a saucepan with boiling water to which salt and a small quantity of moist sugar have been added; there should only be just enough water to well cover the peas. Let them boil quickly; the stewpan should not be covered; when done drain on a colander or sieve, put them on a hot vegetable dish, place a few small pieces of butter on top, and serve. A few sprigs of green mint added to the water will improve the flavour of the peas.

### HARICOT BEANS.

*½ pint of haricot beans, 1 rasher of bacon, 1 small onion, ½ oz. dripping, a little chopped parsley, pepper and salt.*

Put the beans in soak over night in cold water with a small piece of soda, drain off the water and put them in a saucepan with the dripping, let them get thoroughly hot, add enough cold water to well cover, let simmer; and skim. Peel and shred the onion, boil up in salted water and drain. Cut the bacon into strips, fry in a frying-pan, put in the onion, and stir over the fire for a few minutes; put this with the beans, season with pepper and a little salt, cook slowly till tender, stir occasionally to prevent burning, pile on a hot dish and sprinkle with chopped parsley.

### CAULIFLOWER AU GRATIN.

Put a nicely cooked cauliflower, or the remains of some previously served, in a buttered dish, shape neatly and press closely, season with salt and pepper and cover completely with a well reduced white sauce (cold), sprinkle with a mixture of bread-crumbs and grated cheese.

Place a few tiny bits of butter here and there on top, and bake in a hot oven to brown the surface.

### VEGETABLE MARROW AU GRATIN.

Place some nicely boiled and well drained slices of vegetable marrow in a buttered dish and proceed in the same manner as the foregoing recipe.

### STUFFED VEGETABLE MARROW.

*A medium-sized vegetable marrow, 2 tablespoonfuls of chopped ham, 2 tablespoonfuls of chopped suet, 2 tablespoonfuls of bread-crumbs, 1 teaspoonful of chopped parsley, 1 egg, pepper and salt, 1 oz. of butter.*

Peel the marrow, cut it in half lengthways, remove the seeds from the centre. Prepare a stuffing from the above named ingredients. Boil the marrow for barely fifteen minutes in salted water, take up, drain and cool, lay the marrow in a buttered tin, put the prepared stuffing in each half, sprinkle over a few bread-crumbs, and place a few tiny bits of butter on top; bake in a well heated oven for fifteen minutes. dish up and serve hot. Cucumber can be cooked in the same way.

**STEWED MUSHROOMS.**

*$\frac{1}{2}$  lb. of fresh mushrooms, 1 oz. of butter, 1 teaspoonful of chopped parsley, 1 gill of tomato or brown sauce, seasoning.*

Peel the mushrooms, trim the stalks, and fry them in the butter for five minutes, season with pepper and salt, add the sauce and simmer gently for another fifteen minutes. Dish up on a hot dish, sprinkle over with parsley and serve hot.

**GREEN SALAD.**

*3 small lettuces, 1 handful of mustard and cress, 12 young radishes, half a bunch of watercress, 1 hard-boiled egg, a few slices of pickled beetroot.*

Remove any decayed or withered leaves from the lettuces, pick over the cress, radishes, and watercress; divide the lettuces into pieces, and wash all the herbs well in fresh water; break the lettuce leaves into small pieces, and drain all thoroughly by shaking them gently in a clean cloth. Arrange these neatly in a salad bowl. Garnish with slices of beetroot and the hard-boiled egg, which is likewise cut in slices or quarters. Serve plain or with dressing.

**SALAD DRESSING.**

This can be put under the salad, but must not be mixed until served, or can be poured over the salad just before serving. Put a teaspoonful of mixed mustard into a bowl, add a teaspoonful of powdered sugar,  $\frac{1}{2}$  teaspoonful of salt, a good pinch of pepper, stir well and add gradually 2 or 3 tablespoonfuls of salad oil, 1 tablespoonful of vinegar; stir until thoroughly incorporated, and use as directed above.

**SUPERIOR SALAD DRESSING (MAYONNAISE).**

*2 yolks of eggs, 2 saltspoonfuls of salt, 1 pint of salad oil, half a gill of vinegar, half a teaspoonful of castor sugar, 3 tablespoonfuls of cream.*

Put the yolks and salt into a basin, stir with a wooden spoon and add the oil drop by drop, allowing a teaspoonful of vinegar to be incorporated at intervals. Work up the mixture to a light cream; this must be done in a cool place, else it will curdle. Add the cream and sugar at the last. A tablespoonful of hot water added at the last moment will be found useful if the sauce is to be kept for any length of time.

It will keep good for several weeks if kept in a corked bottle.

**TOMATO SALAD.**

Slice some tomatoes, lay them neatly on a china or glass dish, sprinkle over with some finely chopped onions, chopped parsley, a little pepper and salt to taste. Pour over some salad dressing, and serve.

**FISH SALAD.**

*Some cold fish, 1 lettuce, 2 tablespoonfuls of salad oil, 1 tablespoonful of vinegar, 1 hard-boiled egg, half a lemon, 3 pickled gherkins, 1 piece of pickled beetroot, pepper and salt.*

Free the fish from bones; separate the pieces into small flakes; mix with the salad, which must be well washed, wiped, and divided into small pieces; season with pepper and salt. Mix the oil and vinegar so that both are well incorporated; then pour over the



fish and lettuce; mix carefully, and dish up in a pile on a china dish or salad bowl. Garnish with slices of lemon, sliced gherkins, or other green pickles, beetroot, slices or quarters of hard-boiled egg, and some parsley.

### **BEEF SALAD.**

(A SUPPER DISH.)

*Some cooked boiled beef left from dinner, a small onion, 1 tablespoonful of vinegar, 1 dessertspoonful of prepared mustard, 2 tablespoonfuls of salad oil, 1 teaspoonful of chopped parsley, pepper and salt at discretion.*

Cut the beef crossways into small thin slices, peel the onion and mince it finely, mix the vinegar with the mustard, then add the oil and onion, work in carefully the sliced beef, season with pepper and salt, dish up neatly, sprinkle with chopped parsley, and serve. Any piece of beef or other meat which, when used for soup, has been simmering for hours, would have little taste if eaten as it is; but if dressed in the above way forms a most economical and digestive food.

### **WINTER SALAD.**

*A small head of celery, half a pickled beetroot (well boiled), 3 or 4 cold potatoes, pepper and salt, dressing.*

Peel and slice the potatoes and beetroot, wash the celery and shred not too small; arrange these ingredients in layers in a salad bowl, season to taste, pour over some salad dressing, sprinkle over if liked a little chopped parsley, wipe the sides of the bowl, and mix well when required.

**ENDIVE SALAD.**

Trim and wash well a nice endive, divide into small pieces, drain and dry in a cloth or salad basket, put it in a salad bowl, season with pepper and salt, pour over some salad dressing and mix thoroughly. Batavie can be used in place of endive. Finely shredded celery, sprigs of watercress, or small cress may be mixed with this salad if liked.

**CUCUMBER SALAD.**

Peel thinly one or more cucumbers, cut into very thin slices, and arrange them neatly in a salad bowl or dish, mix two parts of salad oil with one part of vinegar, add pepper and salt to taste, also a little chopped parsley, stir well and pour over the sliced cucumber.

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## FARINACEOUS, SAVOURY, AND BREAKFAST DISHES.

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### STEWED RICE.

*½ lb. of rice, 1 oz. of dripping, 3 ozs. of lean bacon, 1 tablespoonful of chopped parsley, ½ onion, 1 oz. of grated Cheddar cheese, ½ pint of stock, pepper and salt.*

Wash the rice in several waters, throw it into boiling water containing sufficient salt to taste, let boil until tender, and drain. Peel and chop the onion finely, cut the bacon into small pieces. Melt the dripping or butter in a stewpan; when hot put in the onion, let fry a little, then add the bacon, stir for a few minutes, put in the boiled rice and parsley. Season with a little pepper. Add a little stock and let simmer gently for half-an-hour; keep the stewpan covered, stir occasionally, and moisten with more stock if necessary; put in the cheese after the rice has simmered for fifteen minutes. Dress the rice on a hot dish piled up, and serve.

NOTE.—One or two ripe tomatoes cut up in slices, fried with the bacon and cooked with the rice, will be found an agreeable change.

**RICE SAVOURY.**

$\frac{1}{2}$  lb. rice, 2 ozs. cheese grated,  $\frac{1}{2}$  pint milk,  $1\frac{1}{2}$  oz. dripping, pepper and salt, bread-crumbs.

Wash the rice, put it in a saucepan with hot water slightly salted, boil up and drain, put it back into the pan, add the milk (hot) and about half a pint hot water, cook until tender, stir in half the cheese and enough pepper to taste; grease a piedish or some little tin moulds, sprinkle with bread-crumbs, put in the cooked rice, sprinkle the top with grated cheese and bread-crumbs, put a few tiny bits of dripping here and there and bake in a hot oven for about twenty minutes, turn out and serve. Cost about 4d.

**RICE CUTLETS.**

$\frac{1}{2}$  lb. of rice, 2 tablespoonfuls of white sauce, 1 tablespoonful of grated cheese, 2 eggs, about 2 ozs. of finely-minced cold meat, nutmeg, pepper and salt, bread-crumbs, parsley, fat for frying.

Wash and boil the rice in stock or water until tender; drain well. Heat the sauce in a stewpan; put in the minced meat, stir and mix together with the rice and cheese, and season with pepper, salt, and a very little grated nutmeg. Break the eggs and divide the yolks from the whites; beat up the yolks and add to the mixture, stir over the fire until set, turn out on a dish and let it get cold. Form into cutlet shapes; dip in the whites of eggs well beaten, crumb in fine bread-crumbs. Lay the cutlets in a frying basket, plunge them into boiling fat, turn carefully so as to get them equally coloured;

they must be of a golden brown. Drain well, dish up, the small ends upwards; stick a small piece of parsleystalk in each end, some fresh parsley in centre, and serve.

### HOW TO BOIL RICE FOR CURRIES.

$\frac{1}{4}$  lb. of Carolina rice, 3 pints of water, a pinch of salt.

Wash the rice well, strain it, throw it into a saucepan with three pints of boiling water, allow it to boil over a quick fire for about a quarter of an hour, then strain, put the rice in a basin with cold water, drain off into a colander or sieve, put it before your kitchen fire, or at the mouth of your oven, so that it may dry and get hot. You must stir it occasionally with a fork, in order to loosen it.

### PORRIDGE.

2 ozs. coarse oatmeal, 1 pint water, salt.

Put the water in a saucepan, and when it boils add the salt and sprinkle in the meal and stir till it boils and is smooth without any lumps. Boil for twenty minutes. Cost  $\frac{1}{2}d$ .

### STEWED MACARONI.

$\frac{1}{2}$  lb. of macaroni, 1 oz. of butter, 1 oz. of grated cheese,  $\frac{1}{2}$  pint of stock or gravy, 1 teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of white pepper.

Break up the macaroni, put it in plenty of boiling water and let it boil for about twenty to twenty-five

minutes, drain well on a colander or sieve; melt the butter in a stewpan, put in the macaroni, add the stock or gravy, pepper and salt, and let it simmer until the stock is almost absorbed; last of all, put in the cheese, mix well over the fire, and serve on a hot dish.

### BAKED MACARONI.

Proceed as in the foregoing recipe, but replace the stock with white sauce (p. 78), turn out on a buttered baking-dish, smooth over with a knife, sprinkle with fine bread-crumbs and grated cheese; place a few very small pieces of butter on top, and bake in a hot oven for ten minutes.

### MACARONI CHEESE.

*2 ozs. macaroni, 1 oz. cheese,  $\frac{1}{2}$  oz. butter,  $\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  pint milk, salt, pepper, and a little made mustard.*

Cook the macaroni in boiling water and a little salt for forty minutes, then cut it into small pieces. Make a sauce by melting the butter, stirring in the flour and adding the milk and allowing it to boil for five minutes, stirring all the time; season to taste, mix in the cooked macaroni and about two-thirds of the grated cheese, put it into a piedish, sprinkle the remainder of the cheese on the top, and bake a nice brown in a quick oven for about ten minutes. Cost *5d.*

**MACARONI CROQUETS.**

$\frac{1}{4}$  lb. of macaroni, 2 eggs, 2 ozs. of cooked ham, beef, or any other cold meat, 1 gill of white sauce, 1 teaspoonful of chopped shallots, pepper and salt, bread-crumbs,  $\frac{1}{2}$  oz. of butter, frying fat.

Boil the macaroni in water as for stewed macaroni; mince the meat finely. Dissolve the butter in a small stewpan, and fry the shallots a little; put in the meat, stir, and moisten with the sauce. Break up the macaroni into small pieces, add them to the above, season with a little salt and pepper; when thoroughly hot add the two yolks of eggs, stir until set, and spread the mixture on a dish to cool. Make some egg-shaped balls or cork shapes. Beat up the white of eggs, dip the croquets carefully in egg, cover with bread-crumbs, have ready some frying fat, and fry them a nice golden colour; drain on paper or cloth. Dish up, garnish with parsley, and serve plain or with tomato sauce.

**SAVOURY BEETROOT FRITTERS.**

1 cooked beetroot, 2 onions, 1 teaspoonful of chopped parsley, 1 tablespoonful of salad oil,  $\frac{1}{2}$  tablespoonful of vinegar, pepper and salt, frying batter, frying fat.

Peel and slice the onions, put them on a dish, season with pepper and salt, sprinkle over with parsley, oil, and vinegar. Cut the beetroot into slices to match the slices of onions; place a slice of onion between two of beetroot, so as to form sandwiches; dip each carefully into frying batter, fry in hot fat, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve.

**SAVOURY HAM ON TOAST.**

*$\frac{1}{4}$  lb. of cooked ham,  $\frac{1}{2}$  oz. of butter, 1 teaspoonful of chopped parsley, 1 yolk of egg, 1 teaspoonful of chopped onions or shallots, a pinch of cayenne pepper, 1 slice of toasted bread.*

Chop the ham very fine, warm up the butter in a frying-pan, put in parsley and onions, and fry just a little, add the ham and a pinch of cayenne; when quite hot put in the yolk of egg well beaten, let it set just over the fire. Have ready the slice of toast, spread the mixture on it rather thickly, cut into fingers, dress on a hot dish, garnish with parsley, and serve.

NOTE.—This is a very nice savoury, and can be made with cold tongue, chicken, or cold fish, in place of ham.

**SAVOURY POLENTA.**

*1 teacupful of semolina or Indian corn,  $\frac{1}{2}$  pint of milk, 1 oz. of butter, 2 ozs. of grated cheese,  $\frac{1}{2}$  teaspoonful of mixed mustard, pepper and salt.*

First boil the semolina in plain water and keep stirring until it is thoroughly cooked (it must be quite stiff). When done, put into a basin and beat it up with the milk. Now place it in a stewpan, stir until nearly boiling, then remove from the fire, add the butter, cheese, pepper, salt, and mustard; mix well and turn into a buttered piedish, sprinkle over with a little grated cheese and a few small bits of butter, and brown the top in a hot oven.

NOTE.—I find that large-grained “Florador” used instead of semolina makes a capital savoury dish, the flavour being far superior to that of semolina or Indian corn.



**CHEESE TOAST.**

$\frac{1}{4}$  lb. of cheese, 2 tablespoonfuls of milk, cayenne pepper, toasted bread, butter.

Grate the cheese, put it in a flat dish, and let it melt in the oven with the addition of milk, then spread thickly over well buttered toast, sprinkle with a little cayenne, and serve hot.

**WELSH RARE-BIT.**

2 ozs. cheese, 1 oz. dripping, pepper and salt,  $\frac{1}{2}$  teaspoonful mustard, square buttered toast.

Grate or cut the cheese up small, put it in a saucepan with the dripping, pepper, salt, and mustard. Stir for a few minutes till the mixture is thick and soft. Pour over the buttered toast, and serve very hot.

**SAVOURY POACHED EGGS.**

3 eggs, 3 square pieces of toasted bread,  $\frac{1}{2}$  gill of brown sauce or gravy, 4 chopped mushrooms, 1 teaspoonful of chopped parsley, 1 oz. butter, salt and pepper.

Have ready a flat stewpan with boiling water; season with a little salt. Break the eggs carefully into the water (take care that they do not scatter). Allow them to cook until perfectly set, but do not let the yolks get hard; take them out with a small skimmer or slice; trim a little, and place on previously prepared slices of buttered toast on a dish. Have ready the sauce, pour over and serve. To make the sauce:—Put the butter in a small saucepan; when hot put in the parsley and fry a little, then add the mushrooms, stir a minute or two, and moisten with

the sauce or gravy; season with a little pepper and salt. Give it one or two boils, and serve. A squeeze of lemon added to sauce is an improvement.

### SAVOURY HAM AND EGGS.

*3 eggs, 3 ozs. of minced cooked ham or tongue, 1 dessertspoonful of chopped parsley,  $\frac{1}{2}$  teaspoonful of sweet herbs,  $\frac{1}{2}$  gill of milk, pepper to taste, a pinch of mustard.*

Separate the whites of eggs from the yolks, and put them into separate basins; beat the yolks, add the milk a pinch of pepper and mustard, parsley, sweet herbs, and mix with three parts of the minced meat; pour into a buttered piedish; whisk the whites of eggs to a stiff froth, mix carefully with the remaining mince and put in a heap on top of the mixture; sprinkle with a little pepper, and bake in a moderate oven until a golden brown.

### SAVOURY OMELET.

*2 eggs, 1 oz. of butter, 1 dessertspoonful of chopped parsley, 1 tablespoonful of milk or cream, pepper and salt.*

Break the eggs into a basin, beat them well with a fork; add milk and parsley, season with pepper and salt. Dissolve the butter in an omelet or fryingpan; when quite hot pour in the mixture, stir slowly with a fork over a quick fire, shake the pan, when set roll the omelet on one side of the pan, allow it to take colour, then turn quickly on a hot dish, and serve. A few chopped shallots may be added if liked, but they should be fried a little with the butter before the mixture is put in the pan.

**HAM OMELET.**

Break 3 eggs into a basin, add about a tablespoonful of cream or milk, and a pinch of white pepper. Beat up thoroughly, so as to amalgamate the whites with the yolks. Chop up finely 1 to 1½ oz. of lean ham.

Melt not quite an ounce of fresh butter in an omelet pan; when hot put in the chopped ham, and fry for a few seconds so as to blend the ham with the butter. Pour in the beaten eggs, &c., and commence stirring with a fork slowly over a bright and brisk fire. When the mixture begins to get firm, fold the omelet into the shape of an oval cushion, allow it to set and to get a light brown. Turn out on to an oval dish, and serve quickly. A little hot tomato sauce poured round the omelet will be found a great improvement.

**SALMON TOAST.**

*¼ lb. cold salmon, 1 teaspoonful of lemon juice, 1 oz. of butter, 1 egg, cayenne pepper and salt, some slices of buttered toast.*

Free the fish from skin and bone; break it up finely; season with a pinch of cayenne pepper and salt; and add a few drops of lemon juice. Melt the butter in a stewpan, beat up the egg well, put the salmon into the stewpan, stir over the fire until very hot, then add the beaten egg, stir again until the egg begins to set. Spread the mixture on buttered toast, and serve.

**\* ARTICHOKE BOTTOMS WITH POACHED EGGS.**

Trim neatly some artichoke bottoms of a nice white colour, cut the edges like a fancy border. Keep warm in some dissolved meat glaze, or rich gravy. Have

ready some chicken purée, diluted with a little fresh butter or cream, and season to taste. Poach a fresh laid egg for each fond, place a tablespoonful of chicken purée into the artichoke fond, trim the eggs nicely, place on top, dish up. Pour over some hot gravy and serve.

### HAM CAKE.

Take the remains of a ham that may be getting dry, pound it in a mortar very finely with all the fat, season it with pepper and mixed spice, add to it clarified butter sufficient to make it moist, put it into a mould, and place it in the oven for about half-an-hour (it should be prepared the day before it is wanted); put the mould for a few minutes in warm water, in order that it may be turned out properly. Tongue or cold beef may be substituted for the ham, but if the former is used it must be mixed with a larger quantity of butter in the pounding. If it is properly seasoned and covered with clarified butter the preparation will keep some time.

### \* CROÛTES OF LOBSTER.

Prepare some round pieces of bread about half an inch thick and one inch wide, stamp out the centre with a small plain cutter, fry in clarified butter, and drain. When cold, put a little small cress in the bottom of each, fill up with lobster paste, on the top place a thin slice of hard-boiled egg, put some more lobster pasté to form the shape of a pyramid. Mask each croûte with a spoonful of stiff tartare sauce just before sending to table, and garnish with stoned Spanish olives and parsley.

### \* LOBSTER RAMAKINS.

Pound some lobster meat in a mortar, add sufficient cream to work into a smooth paste, flavour with a little anchovy sauce and a pinch of cayenne or oriental salt. Pass through a sieve, beat up with a little more cream (clotted). Fill the mixture in little French china ramakin or soufflé cases, sprinkle with lobster coral over the top, and serve.

### \* HADDOCK CREAMS.

*$\frac{1}{2}$  dried haddock,  $\frac{1}{2}$  pint cream, 1 gill of tomato pulp, tarragon and chervil,  $\frac{1}{2}$  gill of aspic jelly, 1 table-spoonful of mayonnaise,  $\frac{1}{2}$  oz. of gelatine,  $\frac{1}{2}$  oz. of butter.*

Decorate a number of small dariole moulds (previously masked with a thin layer of aspic) with tarragon and chervil leaves. Put the haddock in the oven with a little butter on top, and cook for ten minutes; remove skin and bones, and pound in a mortar, rub through a sieve, and let cool. Melt the gelatine in the tomato pulp. Whip the cream till stiff, add the mayonnaise sauce, and the remainder of the aspic jelly, strain the tomato sauce, &c., into this, and stir gradually into the purée of haddock. Fill the moulds with this. Put them on the ice to set. Turn out on a cold dish, decorate with chopped aspic and small salad and serve.

### \* SPANISH CROÛTES.

Stamp out 18 round slices of white bread, about an inch and a half in diameter, and one eighth of an inch thick. Fry them in clarified butter, and drain them on a cloth. Stone the same number of large Spanish olives by means of a sharp column cutter (tube cutter). Fill them with some stiff tartare sauce, put a little of the same in the centre of each croûton, place an olive on each of them, curl an anchovy fillet round each. Garnish the sides with finely chopped hard-boiled egg, lobster coral, and sprigs of parsley. Keep in a cool place until required for the table.

### \* COD'S ROE CROÛTES.

*½ lb. cod roe (smoked), bread for croûtes, 1 tablespoonful béchamel sauce, 2 yolks of eggs, 1 teaspoonful anchovy essence, 1 oz. butter, 6 Spanish olives, cayenne.*

Put the cod roe to soak in a marinade, or cold water, for two hours, drain, wipe dry, and cut into oval slices, broil them lightly in butter. Beat the yolks of egg, sauce, &c., and butter together, and warm up over the fire, just long enough to set the eggs; this will form a smooth paste. Spread over some previously prepared oval shaped toasted bread croûtes, lay on the mixture rather thick, and place a slice of broiled roe on each. Stamp out the stone from the olives, fill them with the remaining egg mixture, cut in halves crossways, and ornament the tops of croûtes with same, sprinkle each with a little chopped parsley, and a pinch of cayenne pepper. Set in the oven for a minute or two, and serve very hot.

**\* STUFFED TOMATOES WITH ASPIC JELLY.**

*6 even sized ripe and firm tomatoes, about 1 pint aspic, 4 Gorgone anchovies (filleted), 1 dessertspoonful capers, 1 hard boiled yolk of egg, mayonnaise sauce, parsley, 2 lettuces.*

Wipe the tomatoes, carefully scoop out the centre by means of a vegetable cutter or a teaspoon. Chop the capers, yolk of egg, and anchovy fillets, mix with a gill of mayonnaise and a gill of aspic, stir over the ice until nearly set, then fill the cavities of the tomatoes, cover with a sprig of parsley, and put on the ice to set thoroughly. Coat each tomato several times with half-set aspic; or line some little moulds with aspic, and set the tomatoes in the same. Have ready the lettuces, washed, and divided into small pieces, season with salt and pepper, dress with mayonnaise, and put in the centre of a dish. Arrange the prepared tomatoes round the salad, garnish with sprigs of parsley and blocks of aspic jelly. Some lobster, or any other kind of cooked fish may be used for the stuffing in place of the anchovies.

**CHEESE BALLS**

*2 whites of eggs, a dessertspoonful of cornflour, 2 ozs. of grated cheese (Parmesan or Gonzère) a pinch of cayenne pepper, frying fat.*

Put the egg whites into a basin or bowl, add a pinch of salt, and beat up to a stiff froth, stir in the cornflour and grated cheese, season with cayenne. Have ready some hot fat, drop in the mixture in teaspoonfuls, fry for about five minutes, take up, drain, and serve quickly. Do not fry too many at one time.

**FISH EGGS (SCRAMBLED).**

*3 eggs, 1 tablespoonful of cream or milk, 2 or 3 ozs. of cooked fish, flaked, 2 ozs. of butter, pepper and salt, buttered toast.*

Beat up the eggs, add the cream or milk, and season to taste. Melt the butter in a stewpan, add the flaked fish, and fry for a few seconds; stir in the eggs, &c., and keep stirring over the fire until the mixture begins to thicken. Have the buttered toast on a hot dish or plate, pile the mixture on to it, and serve.

**\* ANCHOVY EGGS.**

*3 hard boiled eggs, 2 ozs. of butter, 1 tablespoonful of anchovy essence or paste, 1 teaspoonful of chopped parsley, pepper, small cress for garnish.*

Remove the shells from the eggs, cut them in half and take out the yolks. Put the yolks in a mortar, add the butter and anchovy essence, or paste, pound well, season with a little pepper, mix with the chopped parsley, fill the eggs with this, cut off the tops so as to make them stand, arrange them neatly on a dish, surround with small cress, or other made salad, and serve.

**TO BOIL AN EGG.**

Put sufficient water to cover one or more eggs into a saucepan, bring the water to a boil, then slip in gently the egg, put the lid on the saucepan, and allow it to stand on the side of the stove for five minutes; if a soft boiled egg is required, it must not on any account be allowed to boil again. Eggs cooked in this



manner will be found to be just perfectly cooked to a turn. Eggs are often found to be cracked because they are put in the pan too suddenly.

### BUTTERED EGGS.

3 eggs,  $1\frac{1}{2}$  oz. of butter, 1 tablespoonful of milk, salt and pepper, buttered toast.

Break the eggs into a basin, add sufficient salt and pepper to taste, beat up with a fork, so as to thoroughly mix the whites with the yolks, put the butter into a small stewpan, add the eggs and milk, stir over the fire until the mixture begins to thicken and is hot through (it must not on any account be allowed to boil). Have ready a slice of hot buttered toast; put this on a hot dish or plate, put the egg mixture on to this, garnish with a few sprigs of parsley, or sprinkle over with chopped parsley, and serve quickly.

### HOMINY WITH CHEESE.

$\frac{1}{2}$  pint of milk, 1 gill of water, 2 ozs. of cheese (grated), 1 oz. of butter, 2 tablespoonfuls of hominy, salt and pepper.

Put the milk and water into a stewpan, boil up, add the butter, and stir in gently the hominy, cook whilst stirring over the fire for a few minutes, add half the cheese, season with pepper and salt, mix well, and turn out on a buttered dish. Sprinkle the remainder of cheese and a few bread-crumbs on top, brown in the oven, or before the fire, and serve. A little made mustard may be mixed with the hominy if liked. Semolina or Florador can be cooked in the same manner.

## SWEET DISHES.



PUDDINGS, CREAMS, JELLIES, PASTRIES,  
CAKES, ETC.



### \* SOUFFLÉ PUDDING.

*2½ ozs. of cornflour, 2½ ozs. of sugar, 2 ozs. of fresh butter, 3 eggs, and 1 pint of milk.*

Beat up the whites of the eggs to a stiff snow, and beat up the yolks with the sugar till thick and foaming. Mix the cornflour with a little of the milk, and pour into a saucepan with the rest of the milk. Add the butter, a pinch of salt, and a flavouring of two or three drops of essence of vanilla or almond, &c. Bring to the boil, stirring well, and boil for three or four minutes. Work in vigorously the yolks of the eggs (beat up with the sugar), and stir till thoroughly mixed. Then mix in lightly the stiff egg whites, and pour the batter into a slightly-buttered piedish. Bake in a moderately heated oven for about half-an-hour, sugar over the top and serve at once with a sweet sauce to taste.

### \* COCOANUT PUDDING.

Grated fresh cocoanut to the amount of  $\frac{1}{4}$  lb., add  $\frac{1}{4}$  lb. of sugar,  $3\frac{1}{2}$  ozs. of good butter, stir well, then add the whites of 4 eggs, half a glassful of sherry or

brandy, and a teaspoonful of orange-water. Line a pie-dish with puff paste, pour in the mixture, and bake in a cool oven for about three-quarters of an hour. Serve hot.

### MARMALADE PUDDING.

*4 ozs. of bread-crumbs, 1 oz. flour, 2 ozs. suet, 2 table-spoonfuls marmalade, 1 oz. sugar,  $\frac{1}{2}$  gill milk.*

Chop the suet finely and put it in a basin with the flour, bread-crumbs and sugar. Mix the marmalade with the milk; beat all well together. Grease a basin; put in the pudding, shake the mixture well into the basin. Tie over with a piece of greased paper or cloth and steam for one-and-a-half hour or longer.

### CARAMEL PUDDING.

*1 pint milk, 2 eggs,  $\frac{1}{4}$  lb. castor sugar for caramel.*

Stir the castor sugar in a saucepan with a few drops of water until it is the colour and consistency of treacle, then pour into a dry mould; turn the mould round and round until it gets completely lined with the caramel. Put the milk in a saucepan and boil five minutes, then add the eggs well beaten, sugar, and flavouring to taste; pour into the mould, cover with a piece of greased paper, and steam until firm (about thirty minutes), then turn carefully on to a hot dish. No sauce is required, for the caramel in cooking becomes a liquid.

### SULTANA PUDDING.

*6 ozs. bread-crumbs or  $\frac{1}{4}$  lb. flour, 2 ozs. suet, 1 oz. sugar, 1 oz. sultanas, 1 table-spoonful milk, 1 egg.*

Chop the suet and mix with it the bread-crumbs or

flour ; add the sugar and sultanas (cleaned), mix well together ; moisten with the milk and the egg, beat well the mixture ; place in a damp and floured cloth ; tie tightly and boil for rather more than an hour.

### \* PEACH PUDDING.

*4 or 5 preserved peaches, 1 gill cream, 3 ozs. flour, 2 ozs. castor sugar, 4 eggs, the rind of half a lemon, a pinch of salt, a little butter,  $\frac{1}{2}$  gill milk.*

Cut the peaches in small pieces, and moisten with a little syrup. Mix the flour with a little milk, a pinch of salt, boil up the cream and mix both together, add the castor sugar, and stir over the fire until the mixture becomes smooth and leaves the stewpan clean. When cool add the grated rind of half a lemon. Separate the yolks from the whites of egg, and work in the yolks, one at a time. Beat up the whites to a stiff froth, and mix carefully. Butter a pudding mould. Garnish the bottom with a layer of peaches, and fill up alternately with a layer of the prepared mixture and the peaches ; cover with a buttered paper, and bake in a moderately heated oven for about half-an-hour. Turn out on a hot dish and serve with a suitable fruit syrup.

### \* BROWN BREAD PUDDING.

*6 ozs. brown bread-crumbs,  $\frac{1}{2}$  pint milk, 3 ozs. butter, 4 ozs. sugar, 3 eggs, 2 ozs. mixed candied peel, grated nutmeg, 1 teaspoonful of ground cinnamon, a pinch of salt, a glass of sherry if liked.*

Boil up the milk and pour over the bread-crumbs, add the cinnamon, candied peel finely chopped or

shredded, and a pinch of salt. Work the butter and sugar to a cream, add the eggs one at a time, mix in the soaked bread-crumbs, and add a little grated nutmeg. Put the mixture in a well-buttered mould, cover with a buttered paper and steam for about two hours; if wine is used it should be added last of all. Unmould the pudding on a hot dish and serve with fruit syrup or custard sauce. This pudding is equally nice served cold.

### \* MOSAIC CREAM.

$\frac{3}{4}$  pint custard,  $\frac{3}{4}$  oz. gelatine, 1 oz. castor sugar, vanilla essence, maraschino, coffee essence, cochineal, a little wine jelly for masking and garnish.

Dissolve the gelatine in the custard, and add the sugar. Divide it into three portions, colour two of them red and coffee, leaving the third yellow. Flavour the red with vanilla and the yellow with maraschino. Set on three plates and when cold cut in shapes with a fancy cutter, and decorate a mould with the pieces, some jelly and pistachio nuts if liked.

Prepare a cream, using the following ingredients:—

**For Mixture.**— $\frac{3}{4}$  pint cream,  $\frac{3}{4}$  oz. gelatine, 1 glass sherry, 2 ozs. sweet almonds, 1 oz. pistachio nuts, 3 ozs. castor sugar, flavouring and trimmings from the custard.

Whip the cream, dissolve the gelatine in the sherry, and strain into a basin. When cool put into the cream, add the other ingredients, and mix. Pour into the prepared mould and set. Turn out and garnish with jelly.

**\* COLD APRICOT PUDDING.**

1 gill apricot pulp,  $1\frac{1}{2}$  gill milk or cream,  $\frac{3}{4}$  oz. gelatine, 2 yolks of eggs, 2 ozs. castor sugar, 1 oz. chopped almonds, a few drops cochineal, 1 dessert-spoonful lemon juice.

Soak the gelatine in a little water, boil up the milk, beat the yolks of eggs in a basin with the sugar, stir in the boiling milk, return to the stewpan over the fire, and stir till it thickens (it must not boil); pour back into the basin, add the gelatine and let dissolve, then add the apricot pulp, chopped almonds, and lemon juice; strain into another basin. When nearly cold and well stirred fill into one large or several small moulds. Turn out and serve when quite set. The moulds may be decorated with jelly and fruit before they are filled with the above preparation.

**\* VANILLA BLANC-MANGE.**

$\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint cream, 4 ozs. loaf sugar, 2 inches vanilla pod, 1 oz. French gelatine, 4 yolks of eggs.

Put the sugar, milk and vanilla in a stewpan, and bring slowly to a boil. Stir the yolks of eggs, pour on the milk, &c., when boiling. Mix well and return to the stewpan, stir on the fire until it thickens, then take out the vanilla and pass through a pointed strainer or fine sieve.

Dissolve the gelatine in half a gill of water, strain it into the above mixture, let it cool a little and add the cream previously whipped.

Fill up a mould, place it in a basin surrounded with crushed ice. When thoroughly set immerse in tepid

water, turn out on to a dish with folded napkin, and serve.

N.B.—Wipe the vanilla pod and put away for further use. More sugar may be added if liked.

### ROLLED JAM PUDDING.

*$\frac{1}{2}$  lb. of flour, 2 ozs. of bread-crumbs, 4 ozs. of chopped suet, 1 teaspoonful of baking powder,  $1\frac{1}{2}$  gill of water,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  lb. of jam.*

Sift the flour and mix with the chopped suet, bread-crumbs, baking powder, and salt; work it into a stiff paste, adding the water. Roll out on a floured board. Spread the jam all over, leaving about half an inch free at the edges; roll up gently, press the ends together. Flour a damp pudding cloth, tie up the pudding so that the join of the crust is downwards, tie up both ends with strings, leaving room for it to swell. Steam or boil in water from two-and-a-half to three hours. Take it out, let stand a little so that the cloth will come off more easily, serve on a dish with some sweet sauce or melted butter sweetened with a little moist sugar.

### CORNFLOUR PUDDING.

*2 eggs,  $\frac{1}{2}$  pint of milk, 1 tablespoonful of cornflour, 1 oz. of castor sugar, flavouring essence.*

Mix the cornflour with a little milk, put the rest on the fire to boil, sweeten with sugar, and stir in the mixed cornflour; stir all over the fire until it boils

again; beat the yolks of eggs and add to the mixture. Whip the whites of eggs to a stiff froth, stir gently into the mixture, add three drops of essence of almond, vanilla, or lemon; pour into a buttered shallow dish, and bake for fifteen minutes in a hot oven. Dredge with sugar, and serve quickly.

### MANCHESTER PUDDING.

*$\frac{1}{2}$  lb. of stale bread, 1 pint of milk,  $\frac{1}{4}$  lb. of currants, 2 ozs. of butter, 2 ozs. of candied peel, 5 drops of almond essence, 3 ozs. of sugar, 3 eggs, a little nutmeg.*

Break or cut the bread into small pieces; boil up the milk with the sugar and pour over the bread. Let it stand for about ten minutes. Clean the currants, shred the peel, beat up the eggs, work the mixture well with a whisk, and stir in all the ingredients, finishing with a little grated nutmeg and the butter previously warmed. Butter a piedish or pudding-mould, pour in the mixture, and bake in a hot oven from thirty to forty minutes.

### PLUM PUDDING.

*$\frac{1}{4}$  lb. of flour,  $\frac{1}{4}$  lb. of bread-crumbs,  $\frac{1}{2}$  lb. of finely minced suet,  $\frac{1}{4}$  lb. of currants,  $\frac{1}{4}$  lb. of candied orange peel,  $\frac{1}{2}$  lb. of raisins, the peel of half a lemon, 1 apple,  $\frac{1}{4}$  lb. of castor sugar, 3 eggs,  $\frac{1}{2}$  gill of milk, a pinch of salt,  $\frac{1}{2}$  teaspoonful of mixed spice.*

Sift the flour, clean currants, chop the orange peel and lemon peel; pare and core the apple, chop up finely. Mix all the dry ingredients in a basin, break the eggs, beat them well and mix with the milk, stir



into the mixture, and mix thoroughly. Fill into a well-buttered pudding basin or pudding cloth; tie up with a string, leaving room to swell. If you use a cloth you must first put it into warm water, rinse, and then butter it; if you use a basin you must tie a buttered or floured cloth over it. Boil or steam the pudding from three to four hours. Serve plain or with sweet sauce.

### SPONGE PUDDING.

*$\frac{1}{2}$  lb. of flour, 1 gill of treacle,  $\frac{1}{4}$  lb. of chopped suet, about  $\frac{1}{2}$  gill of milk, 2 eggs,  $\frac{1}{2}$  teaspoonful of carbonate of soda, the peel of half a lemon, 1 teaspoonful of ground ginger.*

Put chopped suet, flour, carbonate of soda, sugar, ground ginger, and grated lemon peel into a basin; mix thoroughly. Stand the treacle into hot water until warm, dilute with the milk; stir into the basin, and mix with dry material; beat up the eggs well and add to the mixture. Pour into a buttered pudding basin, tie over with floured cloth, and boil or steam for two hours.

### SEMOLINA PUDDING.

*$1\frac{1}{2}$  oz. semolina, 1 pint milk, 1 oz. of suet,  
1 tablespoonful of sugar.*

Chop the suet finely. Put the semolina, suet and sugar in a piedish and mix well, pour the milk over and bake in a "cool" oven for an hour. A little nutmeg may be grated over the top before baking if liked.

**GOLDEN PUDDING.**

$\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of treacle, 2 ozs. of suet or dripping, 1 gill of water or milk,  $\frac{1}{4}$  teaspoonful of carbonate of soda.

Chop the suet and mix with the flour and soda, add the treacle and milk, and mix all together. Pour into a greased basin, cover with a greased paper and steam for an hour and a half; a teaspoonful of ground ginger may be added if liked.

**MACARONI PUDDING.**

2 ozs. macaroni, 1 pint milk, 1 egg, 1 tablespoonful sugar, a little grated nutmeg or lemon rind.

Boil the macaroni in water till tender, strain and cut into short pieces; simmer it in the milk for ten minutes; then mix in the sugar and the egg well beaten; flavour with the nutmeg or lemon rind, and put into a greased piedish and bake about a quarter of an hour.

**PLUM ROLY PUDDING.**

Make a paste the same as for suet dumplings and add  $1\frac{1}{2}$  oz. of raisins or 2 ozs. of sultanas and a tablespoonful of sugar. It may be mixed with milk instead of water. Put into a floured cloth and boil an hour.

N.B.—All puddings must be put into boiling water.

**APPLE CHARLOTTE—No. 1.**

2 lbs. apples,  $\frac{1}{2}$  lb. loaf sugar, the rind of 1 lemon, bread and clarified butter.

Peel the apples and slice them into a stewpan with

some sugar and water, then add the lemon rind, and let them boil for one hour and a half, stirring occasionally, then take out the lemon rind. Dip a round of crumb of bread, cut in quarters, into the clarified butter, and place them at the bottom of a mould, then dip some strips of bread into the butter, and build them round the sides of the mould, and pour the apples into the middle of the mould. Take a whole round of bread dipped in butter and place it on the top, and bake for three-quarters of an hour.

### APPLE CHARLOTTE—No. 2.

*4 large apples, 2 large cupfuls bread-crumbs, 1 table-spoonful sugar, 1 oz. dripping.*

Peel the apples thinly, cut them in quarters and take out the core. Grease a piedish, line it with bread-crumbs and fill it with layers of apples and sugar and a little grated nutmeg. Cover the top with bread-crumbs, put the dripping in little pieces on them and a piece of greased paper on top. Bake slowly for an hour. Turn it out of the dish to serve.

### ARROWROOT CUP AND PUDDING.

*1 tablespoonful arrowroot,  $\frac{1}{2}$  pint milk, 1 teaspoonful sugar, a little grated nutmeg if liked.*

Put the arrowroot in a cup, mix with a tablespoonful of milk, put the remainder of milk in a saucepan and boil up, stir the mixed arrowroot into the boiling milk, add the sugar and stir over the fire until it thickens; serve in a small piedish or cup with a pinch of grated nutmeg on top.

To make a pudding proceed as above, stir in one

well beaten egg, put the mixture in a greased piedish and bake for about fifteen minutes in a hot oven. Cost 2*d.*, with egg 3*d.*

### BREAD PUDDING.

*$\frac{1}{4}$  lb. stale bread, free from crust,  $\frac{1}{2}$  pint milk, 1 egg, 1 oz. sugar, 1*d.* worth raisins or sultanas, butter to grease mould.*

Cut the bread into small squares, beat up the egg in a basin, add the milk and sugar, mix well; stone the raisins (clean sultanas if used) grease a pudding mould or basin, put a few raisins or sultanas here and there on the side of the mould, put in the bread, stir up the milk and egg and pour in the mould, let it stand long enough to soak the bread, cover with a greased piece of white paper, put it in a saucepan with enough boiling water to half cover the side of the mould, steam thus for about forty minutes, turn out and serve. Cost 4*d.*

N.B.—If a richer pudding is wanted half the quantity of bread may be substituted with sponge cakes or biscuits.

### FIG PUDDING.

*4 ozs. of butter, 6 ozs. sugar, 3 eggs,  $\frac{1}{2}$  lb. bread-crumbs,  $\frac{3}{4}$  lb. figs cut small, 1 gill milk,  $\frac{1}{2}$  teaspoonful grated nutmeg,  $\frac{1}{2}$  teaspoonful ground cinnamon.*

Cream the butter and sugar, add eggs beaten slightly, then the bread-crumbs, the figs cut in small pieces, the milk and spice. Turn into a buttered pudding basin or mould, steam for about an hour, turn out, and serve with a sweet sauce or fruit syrup.

**BAKED APPLE DUMPLINGS—No. 1.**

*6 ozs. flour, 2 ozs. dripping,  $\frac{1}{2}$  teaspoonful baking powder, 3 apples, moist sugar, a few currants if liked.*

Mix the flour with the baking powder in a basin, add a pinch of salt, shred the dripping and rub in lightly, moisten with enough water to make a stiff but smooth paste. Peel, core and halve the apples, roll out the paste about a quarter of an inch thick, cut out six rounds, each large enough to wrap up the half of an apple, put a teaspoonful of moist sugar and a few currants and half an apple on the side of each round of paste, wet the edge of the paste, fold over, take care that the edges are well joined, brush over with water, sprinkle with sugar, place on a greased baking-tin and bake for about twenty-five minutes.

**BAKED APPLE DUMPLINGS—No. 2.**

*6 apples, 1 oz. of currants (cleaned), moist sugar,  $\frac{3}{4}$  lb. of puff paste.*

Peel and core the apples, fill the centre with currants. Roll out some puff paste, cut out some squares large enough to cover an apple, wet the edges with a brush and water, place an apple in the centre of each piece, and cover in each with the paste. Place them on a baking-sheet, and bake in a moderate oven from fifteen to twenty minutes; when nearly done brush over each with beaten egg or water, sprinkle with moist sugar, and return to the oven quickly. Dish up, and serve hot or cold.

**BOILED APPLE DUMPLINGS.**

*6 apples,  $\frac{3}{4}$  lb. of suet paste, moist sugar.*

Peel and core the apples, fill the centre with moist sugar, wrap each apple in a piece of suet paste, put each dumpling into a floured cloth, tie up with strings, place in boiling water and cook from thirty to forty minutes. Remove cloths, dish up, and serve.

**BAKED APPLE PUDDING.**

*4 apples, 1 oz. of finely chopped suet, 2 ozs. flour, 2 eggs, 1 pint of milk, sugar, a little powdered cinnamon.*

Sift the flour into a basin, mix with the milk into a smooth paste; beat up the eggs well, add to the paste. Peel the apples, cut into slices and take out cores. Pour the batter into a well buttered piedish, lay in the apples; sprinkle well with castor or moist sugar, dust with a little cinnamon, strew the suet over the top, and bake in a moderate oven for about forty-five minutes.

**SWISS SOUFFLÉ PUDDING.**

*$\frac{1}{2}$  pint of milk, a small piece of vanilla pod, 2 ozs. of sugar, 2 ozs. of flour, 2 ozs. butter, 2 eggs, a pinch of salt.*

Boil the milk with the vanilla, add the sugar, melt the butter in another saucepan, stir in the flour, cook a little without browning, add the milk, beat well over the fire for a few minutes and work in the yolks of eggs, one at the time. Take out the vanilla, let the mixture cool a little, meanwhile add a pinch of salt to the whites of eggs, and beat up to a stiff froth; mix this with the

above. Have ready a buttered soufflé-dish, put in the mixture, dredge with fine sugar, and bake in a fairly quick oven from fifteen to twenty minutes. Serve as soon as it leaves the oven. A little jam or fruit marmalade may be put in the centre of the soufflé before baking.

### \* GERMAN BLANC-MANGE.

$\frac{1}{2}$  pint of milk, 2 eggs,  $\frac{1}{2}$  oz. of leaf gelatine,  $1\frac{1}{2}$  oz. of castor sugar, 2 tablespoonfuls of brandy.

Separate the yolks from the whites of eggs. Boil the milk and stir into the yolks of eggs and sugar. Return to the fire and stir until it begins to thicken, then strain into a basin. Soak the gelatine in a little water, pour off the water and melt the gelatine, strain into the custard. Add the brandy, beat the whites of eggs to a stiff froth, and mix with the custard when nearly cold. Pour into a wetted mould, put it in a cool place to set. Turn out and serve with preserved fruit.

### ORANGE FRITTERS.

3 oranges, castor sugar, frying batter, fat for frying

Peel the oranges, divide them into quarters, dip them into frying batter, drop into the fat when quite hot, and fry a nice brown. Drain on a cloth or paper, sprinkle with fine sugar, dish up, and serve quickly.

### APPLE FRITTERS.

Peel and core 2 or 3 sour cooking apples, cut them into slices about a quarter of an inch thick, dip each slice into frying batter so as to completely cover it with batter, drop one by one into hot fat and fry a golden brown. Take up, drain, sprinkle with castor sugar dish up and serve hot.

**STEWED PEARS**

*6 large stewing pears, 4 ozs. of sugar, peel of half a lemon, a little water, 3 cloves.*

Peel the pears, cut them in halves, leaving the stalks on; put them in a brown earthenware pan with the sugar, cloves, and lemon peel, pour a little water to moisten over them. Put the peelings of the pears (previously washed) over the top, and set them in a slow oven to bake for about one to one-and-a-half hour. When done remove the peelings; dish up the pears, pour over the syrup, and serve hot or cold.

**PANCAKES.**

*$\frac{1}{4}$  lb. of flour, 2 eggs,  $\frac{1}{2}$  pint of milk, castor sugar, pinch of salt, 1 oz. of butter or lard, half a lemon.*

Sift the flour into a basin, beat up the eggs well and mix with the flour; stir in the milk, add a teaspoonful of sugar and a pinch of salt; beat the mixture until quite smooth. Let the batter stand for half-an-hour. Put a clean frying-pan on the fire; when hot put in a little butter or lard; as soon as hot pour in enough batter to cover thinly the bottom of the pan. Let it get brown on one side, then toss it over, and brown the other side. Keep the edges of the pancake free from the pan. When done turn out on a clean cloth or paper, and proceed in this manner until the batter is used up. Dust each with a little sugar, squeeze a few drops of lemon juice over, roll up, dish up, stand in a hot oven for a moment, and serve.

**JAM OMELET.**

*4 eggs,  $\frac{1}{2}$  gill of milk or cream, 1 oz. of castor sugar,*



*1 oz. of butter, 2 to 3 tablespoonfuls of jam, a pinch of salt.*

Break the eggs into a basin, beat them well, add half the milk or cream, half the sugar, and the salt; melt the butter in an omelet-pan; when hot pour in the mixture, stir over a quick fire. When the eggs begin to set, roll the omelet towards the edge of the pan; allow it to take colour, put the jam in the centre, fold over, turn out on a dish, sprinkle with the remainder of the sugar, mark top with a red-hot iron, and serve.

### **SWEET OMELET.**

Proceed as above, omitting the jam.

### **BREAD AND BUTTER PUDDING.**

*6 thin slices of bread and butter, 1 pint of milk, 2 eggs, 1 oz. of currants, 1 tablespoonful of sugar, vanilla essence or grated nutmeg.*

Butter a piedish, put in the slices of bread and butter in layers with currants between. Sweeten the milk with sugar, add a few drops of vanilla essence or a little grated nutmeg, stir in the eggs, previously well beaten, pour over the bread, &c., and bake in a moderate oven for about half-an-hour.

### **RHUBARB AMBER PUDDING.**

Fill a deep piedish with alternate layers of rhubarb, sweetened and seasoned with nutmeg, and slices of stale sponge-cake. Bake twenty minutes. Whisk the whites of 3 eggs thoroughly, add 3 tablespoonfuls of sifted white sugar; spread this evenly over the top. Return to the oven for fifteen minutes to brown.

**MILK ROLLS.**

$\frac{1}{4}$  lb. of flour,  $\frac{1}{4}$  lb. of cornflour, 2 ozs. of butter, 1 teaspoonful of baking powder,  $\frac{1}{4}$  pint of milk.

Mix both flours, add the baking powder, and pass through a sieve into a basin; rub in the butter, stir in gradually the milk, and work to a dough; shape into even-sized rolls. Bake for fifteen minutes in a moderately heated oven.

**QUEEN CAKES.**

4 ozs. of castor sugar, 4 ozs. of butter, 4 eggs, 6 ozs. of flour, 2 ozs. of candied peel, 2 ozs. of preserved cherries, 1 teaspoonful of grated lemon rind.

Sift the flour, mix with it a pinch of salt, shred the peel, and cut the cherries in halves. Cream the butter and sugar together, beat in the eggs lightly, stir in the flour, then add the fruit cut up and lemon rind. Bake in buttered tins for twenty-five minutes in a moderately heated oven.

**YORKSHIRE TEACAKES.**

$\frac{3}{4}$  lb. of flour,  $\frac{1}{2}$  oz. German yeast, 1 teaspoonful of castor sugar, 1 oz. of butter,  $1\frac{1}{2}$  gill of milk, 1 egg.

Put the flour and a teaspoonful of salt into a basin, cream the yeast and castor sugar until liquid. Melt the butter, add the milk and make it tepid, pour on to the yeast and add the egg well beaten. Stir into the flour, mix to a dough, divide into two parts, and put into two well-greased cake tins. Let these rise for one hour. Bake for twenty minutes in a well-heated oven.

**FLORADOR BUNS.**

$\frac{1}{4}$  lb. of Florador, 1 oz. of flour, 1 tablespoonful of milk, 2 ozs. of butter or dripping, 1 oz. of currants (cleaned), 1 egg, 2 ozs. of sugar, 1 teaspoonful of grated lemon rind.

Cream the butter or dripping with the sugar; add the egg and mix the flour with the Florador, and work lightly into the creamed fat, adding a little milk at the same time; stir in the lemon rind, and the currants at the last; grease some patty-pans and half fill them with the mixture; bake for twenty minutes in a moderately heated oven.

**PLUM CAKE.**

$\frac{1}{2}$  lb. of flour, 5 ozs. of butter or clarified fat,  $\frac{1}{4}$  lb. of castor sugar, 1 oz. of mixed peel, 2 ozs. of currants, 2 ozs. of raisins or sultanas,  $\frac{1}{2}$  teaspoonful of baking powder, 2 eggs,  $\frac{1}{2}$  teaspoonful of ground cinnamon,  $\frac{1}{2}$  gill of milk.

Put the sugar into a basin, beat well with the 2 yolks of eggs; dissolve the butter; whisk the whites of eggs to a stiff froth, sift the flour, clean the fruit, shred the peel, mix all the dry ingredients with the sugar and yolks of eggs, add gradually the whites of eggs and milk. Pour into a buttered mould, and bake in a moderate oven for about two hours. If fat or dripping is used it should be shredded finely and well mixed with the flour.

**RICE CAKE.**

$\frac{1}{4}$  lb. of flour,  $\frac{1}{2}$  lb. of ground rice,  $\frac{1}{4}$  lb. of castor sugar, 3 ozs. of butter, 2 eggs,  $\frac{1}{2}$  gill of milk,  $\frac{1}{2}$  teaspoonful of baking powder, 6 drops of vanilla essence.

Proceed in the same way as for plum cake.

**TEACAKES—No. 1.**

*1 lb. of flour, a little milk,  $\frac{1}{4}$  lb. of butter, 1 egg, a pinch of salt, 1 oz. of castor sugar, 1 teaspoonful of baking powder.*

Sift the flour into a basin, add the baking powder and salt, break up the butter into little bits and rub into the flour with the tips of your fingers; when the butter and flour are well amalgamated add the sugar, the egg previously beaten, and sufficient milk to make a light dough (it usually takes about a gill of milk). Roll out on a floured pastry board about a quarter of an inch thick, stamp out some rounds with a cutter about two and a half inches in diameter, place them on a slightly greased and floured baking sheet, and bake in a moderately heated oven for about twenty minutes. Split them open whilst hot, spread with fresh butter, and serve hot.

**TEACAKES—No. 2.**

*$\frac{1}{2}$  lb. of flour, 1 egg, about  $\frac{3}{4}$  pint of milk,  $\frac{1}{2}$  teaspoonful of baking powder, 1 oz. of butter, 1 oz. of castor sugar, 2 ozs. of currants (cleaned).*

Dry and sift the flour, mix with milk, egg, and butter, beat up well for ten minutes; add the sugar, currants, and baking powder. You will thus obtain a smooth paste. Roll out in small even-sized rounds; put them in muffin rings on a buttered baking-tin, brush over with milk and egg, and bake for fifteen minutes.

**SCONES.**

*$\frac{1}{2}$  lb. of flour, 2 ozs. of butter or fat,  $\frac{1}{2}$  teaspoonful of cream of tartar,  $\frac{1}{4}$  teaspoonful carbonate of soda,*

*1 oz. of castor sugar, 2 ozs. of currants or sultanas, 1 gill of milk, a pinch of salt.*

Dry and sift the flour, rub the butter or fat into the flour; mix the cream of tartar and baking powder with the sugar, and add to the flour; then add the currants (well cleaned), stir in the milk and work to a stiff paste. Divide it into small rounds, flatten with the palm of your hand on a floured board, place them on a buttered baking-tin; mark each crossways with the back of a knife, and bake for about half-an-hour. When three parts done, brush over with sweetened milk to give them colour, and finish baking.

### BATH BUNS.

*$\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of butter (oiled),  $\frac{1}{4}$  oz. of German yeast,  $\frac{1}{2}$  gill of milk, 2 yolks and 1 white of egg,  $\frac{1}{4}$  lb. of castor sugar, 2 ozs. of mixed peel (candied), a few thin slices of lemon rind.*

Dry and sift the flour into a basin, dilute the yeast with a little tepid milk, make a well in the centre of the flour, put in the mixed yeast, let it stand for half-an-hour to allow the yeast to rise. Chop the lemon rind finely, shred the mixed peel, warm the butter; add the butter, eggs and milk gradually to the flour and yeast, knead well for a few minutes; now add the sugar and fruit; shape about eighteen even-sized buns, place them on a greased baking-tin, allow them to prove, and bake twenty to twenty-five minutes, brush over with sweetened milk when nearly done.

### FELIXSTOWE TART.

Mix 4 ozs. of cornflour with 4 ozs. of common flour, a small teaspoonful of baking powder, and a table-

spoonful of powdered white sugar. Now rub in 3 ozs. of butter or lard; beat up the yolk of an egg with  $\frac{1}{4}$  pint of milk, and stir it in. Knead the mass up into a light dough; roll it out to a round piece, and fit it on a well-greased dinner plate or round tin. Roll up about an inch all round the edge of the paste, and crimp it with finger and thumb. Bake in a hot oven till of a golden colour. Then nearly fill it with stewed fruit or jam, and spread over it the white of an egg beaten up to a stiff snow with two tablespoonfuls of powdered white sugar. Put the whole into a moderately heated oven or before the fire till it has set and become of a golden colour.

#### CARAMEL RICE PUDDING.

*3 ozs. of rice, 2 ozs. of castor sugar, 2 ozs. of moist sugar,  $\frac{1}{2}$  oz. of butter, 4 drops of lemon essence, 3 eggs,  $\frac{1}{2}$  pint of milk.*

Wash the rice, parboil, drain, and cook in milk for half-an-hour; turn into a basin, add the castor sugar, butter, lemon essence, beat up the eggs well and mix with the rice, &c. Put the moist sugar with a little water into a small pan, and cook until brown, but do not let it burn; pour it whilst hot into a pudding mould and spread it all over the inside. Fill the mould with the rice mixture, set it into a saucepan with boiling water to half its height, and bake it thus in the oven until quite set. When done wipe the mould, turn out on a dish, and serve hot or cold.

#### RUSSIAN JELLY.

*1 pint of water, 2 lemons, 1 orange, 4 ozs. of sugar, 1 oz. of gelatine.*

Peel the lemons and orange very thinly, cut them in

halves crossways, squeeze the juices into a clean stew-pan or enamelled saucepan, put in the peels and one pint of cold water, together with the sugar, and gelatine previously steeped in water. Stir over the fire until quite hot, but not boiling, strain through a sieve into a basin; allow it to get cool, then stir with an egg whisk until the mixture becomes frothy, pour into a mould and stand in a cool place until thoroughly set. Immerse in tepid water, turn out on a dish, and serve.

### BLANC-MANGE.

*1 pint of milk, 2 tablespoonfuls of ground rice, 3 ozs. of castor sugar,  $\frac{1}{2}$  oz. of butter, 2 yolks of eggs,  $\frac{1}{2}$  oz. of gelatine, 5 drops of lemon or vanilla essence.*

Put the ground rice into a saucepan, stir in the milk, which should be boiling, add the sugar and butter, and stir over the fire until it boils; work the yolks of eggs in a basin, pour in the hot mixture, add the flavouring. Dissolve the gelatine with a little water over the fire, strain it into the mixture, pour into a mould, put it in a cool place to set. Immerse in tepid water, turn out on a dish, and serve with any kind of stewed fruit or plain.

### COFFEE CREAM.

*2 tablespoonfuls of arrowroot,  $\frac{3}{4}$  pint of milk, 1 dessertspoonful of extract of coffee, 3 ozs. of sugar, 2 yolks of eggs.*

Mix the arrowroot with a little milk to a smooth paste, put the remainder of milk into a saucepan on the fire with the sugar; when it boils add it to the arrowroot, stir in the egg-yolks and coffee extract, return to the saucepan, and stir over the fire just long enough to bind the eggs; pour into a mould, put it in a cool place to set. Immerse in tepid water, turn out on a dish, and serve.

**COFFEE MOULD.**

Take 2 ozs. of ground coffee, and prepare coffee in the usual way with 1 pint of water; after straining add 3 ozs. of sugar and  $\frac{1}{4}$  pint previously boiled cream. When the mixture boils, add to it 3 ozs. cornflour slaked in  $\frac{1}{4}$  pint of milk. Boil eight minutes, stirring well, and pour into a mould rinsed with cold water. A large tablespoonful of "Optimus" coffee extract mixed with 1 pint of boiling water will advantageously replace fresh-made coffee for this dish.

**\* APRICOT CREAM MOULD.**

1 *pint of preserved apricots*, 2 ozs. of sugar, 1 oz. of gelatine,  $\frac{1}{2}$  gill of water,  $\frac{1}{2}$  pint of cream.

Place the apricots and sugar in a stewpan and let them boil in the syrup for about ten minutes, and pass through a sieve. Soak the gelatine in a little water, dissolve it in  $\frac{1}{2}$  gill water over the fire, strain, and mix with the apricot pulp. Whip the cream until stiff, and mix all gently until thoroughly incorporated. Fill a mould and place it in a cool place for two hours or more. Immerse in tepid water, turn out on a dish, and serve.

**ORANGE COMPOTE.**

6 *Jaffa or other good and juicy oranges*,  $\frac{1}{4}$  lb. of loaf sugar.

Peel the oranges, divide them into quarters, carefully remove the outside white skin and the pips of each quarter. Put the sugar into a copper pan with about half a pint of water, and boil down to a syrup, remove the scum as it rises. Put in the oranges and boil till tender. Take up and cool, arrange the fruit neatly in a circle on a deep dish (glass or china), pour the syrup round it and serve.



**\* ORANGE JELLY.**

1 lemon,  $\frac{1}{2}$  pint of orange juice, the thin rind of 1 orange, 6 ozs. of loaf sugar, 2 to  $2\frac{1}{2}$  ozs. of gelatine (French leaf), the whites and shells of 2 eggs, a dessert-spoonful coriander seeds, a small piece of cinnamon,  $1\frac{1}{2}$  pint of water, 1 glass of sherry wine (if liked).

Peel half the lemon rind as thinly as possible, and put it in a well tinned stewpan, add to it the juice of the lemon, and the remainder of the above named ingredients. Stir constantly with a whisk over the fire until it boils, draw the pan to the side of the fire and keep it there for about ten minutes. Put a chair upside down on the side of a table top, place a fine towel across it, fasten the four ends with string on to the four legs, place a basin underneath, pass some boiling water through it, then pour through it the jelly and let it run into a clean basin. Repeat this two or three times till quite clear. Pour the clarified jelly into moulds and let set in a cool place. To turn out, immerse the mould in tepid water, wipe the mould and immediately turn out into a dish. A few drops of cochineal can be added to the jelly if a pink or reddish tint is desired. Any kind of fruit, oranges, tangerines, apricots, peaches, cherries, &c., may be set in moulds with this jelly, allowing each layer of fruit and jelly to set before another is added.

**LEMON JELLY.**

This is prepared in exactly the same manner as the foregoing recipe, with the exception of orange juice which must be replaced by lemon juice. No colouring of any kind should be added to this jelly. In very hot weather it is necessary to add a little more gelatine to set the jelly.

**ORANGE MARMALADE.**

Boil the oranges in water for about two hours or longer. Drain, cut in halves, remove pips and scoop out the pulp. Cut the peel into thin slices or shreds, mix with the pulp. Weigh and add  $1\frac{1}{2}$  lb. of sugar, and 1 gill of water to each pound of fruit. Put the whole on the fire in a pan, stir and boil gently for about half-an-hour and skim. Put into pots whilst warm, cover and tie up in the usual way.

**LEMON MARMALADE.**

*6 lemons or more to make up the weight of 2 lbs.,  
4 lbs. of loaf sugar.*

Choose the lemons so that they are clear and smooth. Put them in a copper stewpan and cover well with water, boil them for about two hours, changing the water two or three times during the process. Drain them. Keep the water the lemons were last boiled in. Cut the lemons in halves longways, and slice them as finely as possible, removing all the pips. Take three pints of the lemon water and put it with the sugar on to boil into a copper sugar boiler. Remove the scum and let boil for fifteen minutes. Add the fruit and boil again until it becomes clear. Strain off the fruit when cold, boil up the syrup again, add the fruit, give it another boil, then put into jars, let it cool, and cover over in the usual manner.

**FRUIT TART OR PIE.**

*Fruit, moist sugar,  $\frac{1}{2}$  lb. of short crust, a little water, lemon peel or other flavour.*

Prepare the fruit. (Apples and pears should be peeled, cored, and cut into slices.) Fill up a pie-dish well with the fruit, put a small handful of moist sugar (average quantity 2 ozs. of sugar to every pound of

unpared fruit), add 2 or 3 tablespoonfuls of water. Roll out the paste, put a border round the edge of the pie-dish, brush over with water, cover with paste to form the crust, cut it round close to the edge of dish, ornament the edge with a knife, brush over with water, sprinkle with castor sugar, and bake in a hot oven from one-half to three-quarters of an hour, according to the kind of fruit the pie is made with. The top of the tart may also be brushed over with a well-beaten white of egg and then sprinkled with sugar, but this must be done when the crust is three parts done, and the pie must then be put back into the oven until quite done.

### SWISS ROLL.

*3 ozs. of flour, 2 eggs, 2 ozs. of castor sugar,  $\frac{1}{2}$  teaspoonful of baking powder, 1 tablespoonful of milk, 3 drops of vanilla or almond essence,  $1\frac{1}{2}$  oz. of butter or dripping, some jam.*

Sift the flour on a paper, put into a basin the butter and sugar, and work to a cream; when light work in the eggs and half the flour (mix the eggs one at the time); last of all add the milk, baking powder, the remainder of the flour. Spread on to a buttered paper placed on a baking-sheet and bake slowly about ten minutes; then turn quickly on to a board, spread with jam (made warm), roll it up, and dredge with castor sugar. The cake must be rolled whilst it is hot.

### ROCK CAKES.

*$\frac{1}{2}$  lb. of flour, 1 egg, 3 ozs. of butter or dripping, 3 ozs. of sugar, 1 oz. of mixed peel, 2 ozs. of currants, 1 teaspoonful of baking powder, a little grated nutmeg, not quite  $\frac{1}{2}$  gill of milk, a pinch of salt.*

Sift the flour into a basin, shred the butter or

dripping and mix thoroughly with the flour, clean the currants, shred the peel ; add these, together with sugar, grated nutmeg, salt, and baking powder, to the flour. Beat up the egg and milk together, and mix gradually with the dry ingredients, work into a stiff paste. Grease a baking-tin, dress small rough heaps of the mixture with two forks on the tin, so as to give them rock-like appearance. Bake in a quick oven for about fifteen minutes.

### TREACLE TARTS.

*$\frac{1}{4}$  lb. of flour, 2 ozs. of dripping, 2 tablespoonfuls of treacle, 2 tablespoonfuls of bread-crumbs.*

Put the flour in a basin with a pinch of salt and rub the dripping lightly in, add sufficient water to make a stiff paste, roll it out on a floured board, and line a greased tin or plate with the paste, mix the treacle and bread-crumbs together and pour into it ; cover with strips of the paste and bake for half-an-hour.

### SEED BUNS.

*$\frac{1}{2}$  lb. of flour, 2 ozs. of dripping,  $\frac{1}{2}$  oz. carraway seeds, 2 ozs. of sugar, 2 tablespoonfuls of milk.*

Put the flour in a basin, rub in the dripping, add the sugar and carraway seeds and then the milk and mix well together. Place the mixture in little lumps on a greased baking-tin and bake for fifteen minutes in a hot oven.

### MINCE MEAT.

*$\frac{1}{2}$  lb. of apples, 6 ozs. of raisins, 6 ozs. of sugar, 6 ozs. of currants,  $\frac{1}{4}$  lb. of figs,  $\frac{1}{4}$  lb. of suet,  $\frac{1}{2}$  oz. of ground ginger,  $\frac{1}{2}$  oz. mixed spice, rind and juice of 1 lemon.*

Peel, core and chop the apples into small pieces, mince the figs, stone and chop the raisins and clean

the currants. Mix all the ingredients together and keep in a covered jar. This will make rather more than 2 lbs.

### MINCE PIES.

Roll out French puff or rough puff pastry  $\frac{1}{8}$  inch thick, stamp into rounds and line some small tins, place in each a teaspoonful of mince meat; roll out more of the pastry rather thicker than the first lot, stamp into rounds the size of the top of the tins, wet edges and cover the pies, brush over with milk or water, sprinkle with castor sugar, and bake about twenty minutes in a hot oven.

### GINGERBREAD.

*6 ozs. of flour,  $\frac{1}{4}$  lb. of treacle or golden syrup, 2 ozs. of dripping, 2 ozs. of sugar, 1 dessertspoonful ground ginger,  $\frac{1}{4}$  teaspoonful of carbonate of soda, 1 tablespoonful of milk, 1 egg.*

Mix the flour with the ground ginger, melt the fat, sugar and treacle together in a saucepan, then stir into the flour and beat well; last of all mix the soda with the milk and the egg. Now add the other ingredients, mix and turn into a well-greased tin and bake half-an-hour.

### RICE BUNS.

*$\frac{1}{4}$  lb. of ground rice, 3 ozs. of sugar, 3 ozs. of flour, 3 ozs. of dripping ( $\frac{1}{2}$  teaspoonful baking powder), 2 eggs.*

Beat the dripping to a cream, add the sugar, stir well and work in the eggs one at a time; lastly stir in the ground rice and flour and baking powder, put the mixture into several greased patty-pans, bake for about twenty minutes. A few drops of flavouring essence may be added to the mixture if liked.

**HOME-MADE BREAD.**

1 *quartern of flour*,  $\frac{1}{2}$  *pint of milk*,  $\frac{1}{2}$  *pint of water*,  $\frac{3}{4}$  *oz. of German yeast*, 1 *teaspoonful of salt*, 1 *teaspoonful of moist sugar*.

Dry the flour, sift it into a basin, make a well in the middle of it; add the sugar and yeast and salt, stir in gradually the milk and water previously warmed a little; mix a little flour from the sides and work into a smooth paste. Cover it with a cloth, and allow to stand in a warm place for about twenty minutes; when it has well risen, which will be seen when the surface is covered with bubbles, work in the rest of the flour with your hand, and knead well for ten minutes; place it again in a warm place and allow to stand for an hour and a half. Then take up the dough, put it on a floured board, shape into loaves or place into floured tins, cut or prick the surface, and bake from one hour and a half to two hours, according to size of loaves.

NOTE.—If equal quantities of meal and flour are used an excellent brown bread will be obtained.

**BROWN BREAD.**

1 *lb. of wheatmeal*,  $\frac{1}{2}$  *oz. of yeast (dried)*,  $\frac{1}{2}$  *pint of milk or water (tepid)*,  $\frac{1}{2}$  *teaspoonful brown sugar*,  $\frac{1}{2}$  *teaspoonful salt*.

Mix the yeast and sugar with a little tepid liquid. Dry the flour at the mouth of the oven and put into a basin, make a well in the centre, put in the mixed yeast and the salt, pour in gradually the milk or water and mix well together to a smooth dough, beat well, cover and set to rise in a warm place for about three-quarters of an hour. Grease a bread-tin, knead the dough and shape into a loaf, put it in the prepared tin, prick the top and put to rise again from fifteen to twenty minutes. Bake in a steady oven for about forty-five minutes.

## MISCELLANEOUS RECIPES.

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### FRYING BATTER.

$\frac{1}{4}$  lb. of flour, 1 gill of tepid water, 1 tablespoonful of sweet oil, a pinch of salt, and the white of an egg.

Sift the flour into a basin, stir in the water, work it well, add the oil, and let stand for two hours; put a pinch of salt to the white of egg, beat it to a froth, and mix it gently with the batter.

### YORKSHIRE PUDDING.

3 ozs. of flour,  $\frac{3}{4}$  pint of milk, 2 eggs, a pinch of salt.

Sift the flour into a basin, add the salt, and stir in gradually sufficient milk to make a smooth batter, work it well for a few minutes, then add the remainder of the milk and the eggs well beaten. Grease a shallow baking-tin, pour in the mixture, place a few small bits of dripping on the top, and bake for about an hour or less. If you are cooking a joint at the same time, place the pudding under it so as to catch some of the dripping.

### ORDINARY PASTE-CRUST.

1 lb. of flour (sifted), 7 ozs. of butter or lard, not quite  $\frac{1}{2}$  pint of water, salt.

Add a pinch of salt to the flour. Rub the butter or lard lightly into the flour until perfectly mixed; add the water gradually, and work into a smooth paste. Roll it out and fold two or three times. This paste is used for meat pie-crust, but it can be converted into short-crust by adding a small handful of sifted sugar

after the butter or lard is rubbed into the flour. A yolk of egg or a little milk added will improve the crust; in that case you will require a little less water.

### **ROUGH PUFF-PASTE CRUST.**

*12 ozs. of flour (sifted), 1 teaspoonful of baking powder, 8 ozs. of butter or lard, not quite  $\frac{1}{2}$  pint of water, salt.*

Mix a pinch of salt with the flour, cut the butter or lard into small pieces, and mix well with the flour; add just enough water to make a firm paste, roll out one-third inch thick, sprinkle over half the baking powder, fold in three, turn the paste round, the rough edge towards you, let it rest for ten minutes in a cool place. Roll out again, sprinkle over the remainder of baking powder, fold in three, turn the paste round, and roll out, again fold in three. The paste is then ready for meat pies, sausage rolls, fruit tarts, &c.

### **\* FRENCH PUFF-PASTE.**

*$\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of butter, cold water, 1 teaspoonful of lemon juice, a pinch of salt.*

Sift the flour on to a board, make a well in the centre, mix it into a paste with a tiny piece of butter, salt, lemon juice and water. Roll out into a long strip. Put the remainder of the butter into a cloth, knead a little so as to squeeze out the moisture, and form it into a flat cake. Place the butter in the centre of the paste, wet the edges, and fold over so as to completely enclose the butter. Roll out, fold in three, and roll out into an oblong shape again; continue this four or five times, setting the paste aside in a cool place for twenty minutes between each turn. Before using it should be allowed to stand for at least half-an-hour.



**SUET PASTE FOR PUDDINGS.**

*$\frac{1}{2}$  lb. of beef or veal suet, 1 lb. of flour, 1 teaspoonful of baking powder, about  $\frac{1}{2}$  pint of water, a pinch of salt.*

Free the suet from all skin, cut it up in small pieces, dust with flour and chop very fine. When the suet is fine enough rub it thoroughly into the flour; add baking powder and a pinch of salt, and mix with sufficient water to make it into a smooth paste. This is the paste used for lining meat puddings, fruit puddings, for making suet dumplings, &c.

**DRIPPING.**

*2 lbs. fat (any kind),  $\frac{1}{2}$  pint water.*

Cut the fat in small pieces, put it in a saucepan with the water. Boil till the liquid is quite clear, stirring occasionally. Strain into a basin when cool.

**VEAL STUFFING.**

*$\frac{1}{4}$  lb. of beef suet, 2 ozs. of ham or bacon, 1 dessert-spoonful of mixed herbs, 1 dessertspoonful of chopped parsley, half a small onion chopped fine, 1 oz. of flour, 4 ozs. of bread-crumbs, 1 teaspoonful of chopped lemon rind, 2 eggs, salt, pepper, nutmeg.*

Free the suet from skin, cut off the rind from bacon or ham, mince the latter very finely, chop up the suet as fine as possible and mix with the flour, put all into a basin, add the herbs, parsley, onion, bread-crumbs, lemon rind, and eggs (well beaten). Mix thoroughly, and season with salt, pepper, and a little grated nutmeg. Use as directed.

**SAGE-AND-ONION STUFFING.**

1 *teacupful of fresh bread-crumbs, 4 onions, fresh or dried sage, 1 yolk of egg, black pepper and salt.*

Peel the onions, boil them in water or stock for a few minutes, chop them very fine, together with about eight fresh sage-leaves (if you cannot get fresh sage use twelve to fourteen leaves of dried); put the onions and sage in a basin, mix well with the bread-crumbs, season with half a teaspoonful of black pepper and one of salt. Add the yolk of egg when it is ready for use. This stuffing is used with roast pork, roast goose, roast duck, &c.

**TO MAKE TEA.**

(AVERAGE FOR TWO PERSONS.)

2 *heaped-up teaspoonfuls of tea,  $\frac{1}{2}$  pint of boiling water, milk and sugar to taste.*

Heat the teapot, then put in the tea. Watch the water and pour on to the tea as soon as it *boils*. Put the lid on the pot and allow to stand for three minutes. The tea should then be served immediately. A heaped-up teaspoonful of tea and half a pint of water is the usual quantity allowed per person.

**TO MAKE COFFEE.**

2 *heaped-up tablespoonfuls of ground coffee,  $\frac{1}{2}$  pint of boiling water,  $\frac{1}{2}$  pint of boiling milk, sugar to taste.*

See that the jug or coffee-pot is perfectly clean, warm it, put the coffee in the jug, which should have a strainer, or failing this a muslin bag will do. Pour the boiling water on the coffee, cover well and let it

stand on the top of the stove for five minutes, serve with hot milk and sugar to taste.

### TO MAKE COCOA.

*Proportions : 1 teaspoonful of cocoa to a cup of milk or water per person.*

Put the cocoa in a cup or jug, boil up the milk or water and pour over the cocoa, stir, return to the pan in which the liquid was boiled, continue to stir until it boils, then serve, adding sugar to taste. Most cocoas may be prepared without boiling, but I find it a great improvement to allow it to boil, just for a couple of minutes; it develops the flavour considerably. The above method is especially suitable for Van Houten's cocoa.

### TO MAKE CHOCOLATE.

*Proportions :  $\frac{1}{2}$  pint of milk to 1 oz. of chocolate.*

Put the chocolate into a stewpan or enamelled saucepan. Add a little water and commence stirring over the fire with a wooden spoon until it is a smooth paste. Boil the milk and pour it over the chocolate, stir with a wooden spoon till it boils, and allow it to boil for two minutes. Serve and sweeten to taste.

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Cocoa and chocolate possess the same constituents as tea and coffee, the alkaloid in them being called "theobromine," and in addition to this it may be said that both cocoa and chocolate are rich in fatty matters, starch and gluten; consequently the latter two are more nourishing beverages than tea or coffee. I recommend boiling cocoa and chocolate because I find that it develops the flavour.

## SCULLERY WORK.



**WASHING UP.**—Have a pan of hot water with some soda in it. Remove all pieces from the plates and pack them neatly together. Wash the spoons, forks, and knives first, placing them ready for cleaning, after the washing up is done. Have a tray or basin on the table so that the things, as they are washed, may be placed on it to drain. As the things are dried they should be put away. The saucepans should not be washed in with the other things. Have ready a tin of boiling water with some soda dissolved in it; thoroughly wash the saucepan inside and out. Have a saucer with a small quantity of silver sand by your side, and, after washing the saucepan, soap the dish cloth, dip it in the sand and scour the inside of the saucepan to remove all stains; rinse it well in warm water and thoroughly dry it before placing it away.

**HOW TO CLEAN SAUCEPANS.**—Wash them in hot water containing a little piece of soda. Rub very little soap on a cloth, dip it in sand and scour the saucepan quickly. Rinse it in the same hot water, wring the cloth very dry and polish it. Stand it in the air or before the fire to dry. Never put a saucepan away with the lid on.

**NOTE.**—If a saucepan has been burnt, put some cold water in it and a lump of soda; let it boil and then scrub it out with a saucepan brush. An old scrubbing brush will answer the same purpose.

**CAKE TINS, MEASURES, &c.**—Place a piece of paper on the table; mix a little whiting and water to

a paste, have a small piece of flannel, dip this in the whiting, and after the tins have been well washed rub them all over with the whiting; let this dry, and then polish with a leather or duster.

**KNIVES AND FORKS.**—These having been well washed and dried should be cleaned in the following way:—

**Knives.**—Rubbed on a knife-board with Bath brick, and then dusted before they are placed away.

**Forks (steel).**—Dip a rag in Bath brick, and rub the fork with it, polish with a duster.

**Forks and Spoons (plated).**—These should be cleaned in the same way as the tins.

**Iron Spoons.**—Cleaned with soap and sand like the saucepans.

**WOODEN SPOONS.**—These should be scrubbed with the rolling pins and boards after they have been washed to free them from grease.

**THE SIEVES,** having been well washed, should be scrubbed when the tables are being done. They should be carefully dried before placing them away.

**SCRUBBING.**—The rolling pins and paste boards should be washed and scrubbed with hot water and soda, but very little soap should be used, and great care should be taken that they are thoroughly rinsed and dried before putting them away. Before commencing to scrub the boards or tables, they should be wiped down with the flannel, to remove any crumbs or bits; then scrub rolling pin and board, wipe them with a kitchen cloth and place them away, leaving the table clear to be scrubbed afterwards.

*Contributed by* MISS L. W. STODDART, M.C.A.

## SICKROOM COOKERY.

### RULES FOR BEEF TEA.

The following are the points to be observed in making beef tea, and a very simple explanation of each will follow :

1st.—Choose good, juicy meat, such as rump steak, beef steak, or topside.

2nd.—Remove skin, gristle and fat, and shred the meat finely, or pass through a mincing machine, in order to break up the fibres and obtain the juices from the meat.

3rd.—Soak the meat with the water, if possible, for fifteen minutes before commencing to cook.

4th.—Beef tea must never boil. If it boils it is spoilt, as the albumen which it is necessary to extract from the beef hardens back into the meat, or separates into coarse brown particles, of which a good proportion is detained in the strainer when the beef tea is passed through.

5th.—Strain beef tea carefully through a fine wire strainer, as in many cases any particle of solid matter is dangerous to the patient.

6th.—Skim carefully, removing all grease.

7th.—Never make beef tea in larger quantities than required for the coming twelve or fifteen hours, as, being rather under-cooked, it does not keep well.

As to the kind of meat most suitable for beef tea, always use rump, beef or buttock steak, topside, or any really juicy part of the meat. These parts contain

the most albumen and other soluble matters, which are the most nourishing and flesh-forming constituents of the meat.

Do not use shin of beef. It is deficient in albumen and contains a large amount of bone and gelatinous substance, which is valueless in beef tea. If bones are boiled gelatine is obtained. Experts, authorities on food and doctors seem to agree that in gelatine there is little or no food value, though it is digested in the body; therefore it is an unnecessary and valueless ingredient in beef tea. If beef tea sets when cold into a jelly, it may at once be assumed it has been made from the wrong kind of meat and in an incorrect manner.

If beef tea is required in large quantities—as in hospitals—it is impossible to shred the meat by hand. It may then be passed through a mincing machine. See that the mincing machine is kept scrupulously clean, and allow good weight of meat on account of any loss of juice that may occur in passing through.

In making beef tea in a saucepan, soak the meat in the cold water for a few moments, then commence to cook gently over a low fire or gas jet, stirring slowly with a spoon. Soon the water will become a bright red and the meat will look pale and white, showing that the juices have leaked from the meat into the water. This is the object desired in beef tea, *i.e.* to get the nourishment from the meat into the liquid. Go on cooking gently, as no invalid will take it so undercooked. In a minute or two the liquid will begin to look a rich red brown. Take off the fire and strain. This explanation refers to “quick beef tea” as given in the recipe.

The other way of making beef tea is in a stone jar or double saucepan. The meat and water are put into

a jar, covered and placed in a saucepan of boiling water, or a double saucepan can be used if liked. The water in the saucepan is kept at simmering point for three hours. The beef tea inside the jar never boils. It must then be carefully strained.

The reason of this is very obvious. I shall endeavour to explain it as simply as possible.

Albumen, which is the flesh-forming, life-giving element in the meat, is very like white of egg in its properties. If white of egg is stirred into cold water it will mix freely with the water. Heat it gently and it will still remain in solution, but bring it to a certain degree of heat, say, 150° Fah., the albumen coagulates into hard particles like hard-boiled white of egg. Thus, if beef tea is heated beyond this point, the albumen is hardened into the meat or sets in coarse sediment and is strained out of the beef tea, the almost valueless liquid being given to the patient. As albumen coagulates from 120° to 150° Fah., it is obvious beef tea should never approach boiling point, 212°.

It is not for an instant contended that this is the most delicious, savoury or well-flavoured beef tea, for it is not—but it is by far the most nutritious, which is everything when the case of the patient is serious. It contains all the nutriment possible to get in beef tea.

Beef tea should be seasoned only with salt. Pepper or vegetable flavouring should not be put in for anyone seriously ill.

Some doctors have almost ceased to attach great importance to beef tea, largely owing to the difficulty of getting it properly made. It is really easy to make if these few simple rules and scientific principles are adhered to.

*Contributed by* MISS MAUDE EARLE, L.C.A.



**BEEF TEA—No. 1.**

$\frac{1}{2}$  lb. of gravy beef,  $\frac{1}{2}$  pint of cold water,  $\frac{1}{4}$  teaspoonful of salt.

Choose good gravy beef, such as steak or topside. Remove the fat and skin. Cut into thin strips, and shred across with a sharp knife; or it may be passed through a mincing machine. Put the shredded meat, cold water and salt into a saucepan, and if possible let it stand for fifteen minutes to soak. Commence to heat slowly; stir gently all the time. The juice will come out of the meat, leaving it white. Cook gently until the liquid turns a rich red brown. Strain through a fine wire strainer. Remove any speck of grease by drawing a piece of paper across the top. It is then ready. N.B.—Beef tea must never boil, or it will be spoilt.

**BEEF TEA—No. 2.**

(MADE IN A JAR.)

$\frac{1}{2}$  lb. of gravy beef,  $\frac{1}{2}$  pint of cold water,  $\frac{1}{4}$  teaspoonful of salt.

Prepare the ingredients as in the foregoing recipe; then put the shredded meat, water and salt into an earthenware jar. Cover and tie down with paper. Place the jar in a saucepan of boiling water, and keep it simmering for three hours. The contents should be stirred from time to time. Then strain carefully and remove all trace of grease. It is then ready to serve.

**BEEF TEA—No. 3.**

(COOKED IN THE OVEN.)

Prepare as for beef tea No. 2, but place the jar in a cool oven for three hours. Strain and finish as before.

This makes a very savoury, pleasant beef tea, but on account of the strong savoury flavour is unsuitable for patients seriously ill.

### RAW BEEF TEA.

*1 oz. of raw beef, 1 tablespoonful of cold water, pinch of salt.*

Shred one ounce of lean raw beef finely with a sharp knife. Place this in a basin with the cold water and salt. Cover and let it soak for two hours. Carefully strain and press all the juice from the meat. Serve in a coloured glass.

The object is to obtain as much nourishment as possible in a small quantity of liquid, and also the albumen in this beef tea, not being cooked, digests more quickly. Make this beef tea in small quantities, as it does not keep well. One or two teaspoonfuls to be given at a time.

### ESSENCE OF MEAT.

(FOR CONVALESCENTS.)

Beef or mutton may be used for this. Shred finely and place in a jar without any water. Cover and place the jar in a saucepan of boiling water. Simmer gently for two hours. Then strain and press all the liquid from the meat and add a little salt. A very small quantity of this is given at a time, as it is strong and savoury.

### MILK JELLY.

*1 pint of milk,  $\frac{1}{2}$  oz. of sheet gelatine,  $1\frac{1}{2}$  oz. of castor sugar, strip of lemon rind.*

Put the milk, gelatine, sugar and lemon rind into a saucepan. Heat gently until the gelatine is dissolved. Strain. Let this cool in a basin until commencing to

set, then place it in a mould. When firm turn out and serve.

### BOILED WHITING AND SAUCE.

1 *whiting*, 1 *teaspoonful of vinegar*,  $\frac{1}{2}$  *teaspoonful of salt*.

**Sauce.**—1 oz. of *butter*,  $\frac{1}{2}$  oz. of *flour*,  $1\frac{1}{2}$  *gill of milk or fish stock*, *pepper and salt*, 1 *teaspoonful of lemon juice*.

Put the whiting into a saucepan of hot water with the vinegar and salt. Cook gently for about six minutes. Do not boil or it will break. Try with a skewer to see if cooked. Drain, and serve on a dish-paper garnished with parsley. If sauce is allowed to the patient, the following may be served. Melt the butter in a saucepan; stir the flour in smoothly with a spoon; add the milk, and stir until it boils. Season with pepper, salt and lemon juice. Pour into a sauce-boat and serve.

### ARROWROOT SOUFFLÉ.

1 *tablespoonful of arrowroot*,  $\frac{1}{2}$  *pint of milk*, 2 *eggs*, *castor sugar*.

Mix the arrowroot with a little cold milk till smooth. Boil half a pint of milk and pour on to the arrowroot. Stir well. Return to the saucepan and boil for three minutes. Take off the fire and stir in the yolks of eggs. Add sugar to taste. Beat the whites of eggs to a stiff froth and stir lightly into the mixture. Pour into a buttered dish and bake for ten minutes. This makes a nice light pudding for a convalescent, and derives its nourishment from the milk and eggs, not from the arrowroot.

**PORT WINE JELLY.**

$\frac{1}{2}$  pint of port,  $\frac{3}{4}$  pint of water, 1 oz. of sheet gelatine, 1 oz. of sugar, 2 cloves, 1 inch of cinnamon, 1 lemon rind thinly peeled, 2 whites of egg and shells, 1 dessertspoonful of red-currant jelly, cochineal.

Put half a pint of water, the gelatine, sugar, cloves, cinnamon, lemon rind, the whites of egg stiffly beaten, and the shells, into a saucepan, and whisk till it boils. Take off the fire and add the port; strain through a cloth. Dissolve the currant jelly in the other gill of water and add after the jelly has been strained. Colour with cochineal. Set in a mould and turn out when firm.

**FILLETS OF SOLE.**

1 sole, 1 teaspoonful of lemon juice, pepper and salt.

**Sauce.**—1 oz. of butter, 1 oz. of flour,  $\frac{1}{2}$  pint of milk, 1 teaspoonful of chopped parsley, 1 teaspoonful of lemon juice, pepper and salt, 1 yolk of egg.

Fillet the sole. Fold each fillet and place it on a buttered baking sheet; squeeze a little lemon juice on each and season. Cover with a buttered paper and bake in the oven for ten minutes. Dish, and if sauce is allowed, pour the following sauce over. (If the sole is desired plain, serve on a lace paper garnished with parsley and lemon. Hand thin bread and butter with it.)

**SAUCE.**—Melt the butter in a saucepan; stir in the flour till smooth; add the milk and boil. Season with lemon juice, pepper and salt, and add the parsley and yolk of egg. Whiting, plaice, or the fillets from the breast of a chicken may be cooked in the same way as the fillets of sole.

**CUSTARD PUDDING.**

*½ pint of milk, 2 eggs, 1 dessertspoonful of castor sugar.*

Beat up the eggs; add the milk and sugar. Pour into a piedish and bake in a very moderate oven for thirty minutes. If quickly cooked it will separate and be full of holes.

**SPONGE CAKES.**

*2 eggs, 2 ozs. of castor sugar, 2 ozs. of flour.*

Whisk the eggs and castor sugar together to a stiff froth. Lightly stir in the flour. Put the mixture into buttered sponge-cake tins. Bake in a moderate oven for about fifteen minutes. A little grated lemon-rind may be put into the mixture if liked.

**RAW BEEF SANDWICHES.**

*Raw beef shredded, thin slices of bread and butter, pepper and salt.*

Shred the meat finely. Spread it on the thin bread and butter. Season well. Place another piece on top. Cut into dainty squares, or stamp into rounds, and serve.

**EGG JELLIES.**

*2 eggs, 6 ozs. of loaf sugar, 1 oz. of sheet gelatine, 2 lemons, the juice made up to one pint with cold water.*

Rub the sugar on to the lemons, squeeze out the juice, and make it up to one pint with water. Beat the eggs and put all the ingredients into a saucepan; whisk until it is almost boiling, but do not boil. Strain. Set in little moulds, and turn out.

**STEWED TRIPE.**

$\frac{1}{2}$  lb. of tripe, 1 onion,  $\frac{1}{2}$  pint of milk,  $\frac{1}{2}$  dessert-spoonful of flour, pepper and salt.

Blanch the tripe and remove all fat, and cut into square pieces. Put the tripe, the onion chopped, and the milk into a saucepan. Season with pepper and salt. Simmer gently for two hours. Blend the flour smoothly with a little cold milk and pour in. Stir until it boils up. Serve very hot.

**FRIED SOLE.**

1 sole, 1 tablespoonful of flour, 1 egg, bread-crumbs, pan of fat to fry in.

Wash, skin, and trim the sole. Dip lightly in flour seasoned with pepper and salt to dry it. Egg and crumb the sole. Fry in boiling fat. Drain and serve on paper with fried parsley.

**INVALID SOUP.**

$\frac{1}{2}$  pint of beef tea, 1 dessertspoonful of crushed tapioca or sago, 2 yolks of egg.

Boil the tapioca in a little water till clear. Strain it and put it into the beef tea. Add the yolks and cook slightly. Season and serve.

**LIGHT CAKES.**

2 ozs. of butter, 3 ozs. of castor sugar, 2 eggs, 2 ozs. of flour, 1 oz. of cornflour,  $\frac{1}{2}$  teaspoonful of baking powder.

Cream the butter and sugar together; beat in the eggs; add the flour and baking powder. Bake in well buttered patty pans for about fifteen minutes. Ground rice may be used instead of cornflour.

**CHICKEN BROTH.**

*½ of a chicken, 1 quart of water, pepper and salt.*

Cut the chicken into small pieces; put it into a saucepan with the cold water; simmer gently for two to three hours; season and strain. If liked, an ounce of barley or rice may be cooked with it. A chopped onion would also make it more savoury. Giblets may be used for this broth instead of a whole chicken.

**VANILLA SOUFFLÉ.**

*1 oz. of butter, 1 oz. of flour, 1 gill of milk, 1 dessert-spoonful of castor sugar, ½ teaspoonful of vanilla essence, 4 eggs.*

Melt the butter; stir in the flour; add the milk and cook until it leaves the sides of the pan clean. Take off the fire and add three yolks of egg, one at a time, beating well together. Add the castor sugar and the whites stiffly whipped. Steam about forty minutes. Turn on to a hot dish and serve with wine or jam sauce.

**FISH CAKES.**

*¼ lb. cooked fish, 2 ozs. of mashed potatoes, ½ oz. of butter, 1 yolk, pepper and salt.*

Chop the fish. Melt the butter in a saucepan; stir in the fish and potato, and bind with the yolk of an egg. Season. Form into cakes. Egg and crumb. Fry in boiling fat and drain. Serve on a dishpaper.

**CORNFLOUR BLANC-MANGE.**

*2 tablespoonfuls of cornflour, 1 pint of milk, 1½ oz. of sugar, 1 inch of cinnamon.*

Blend the cornflour with a little cold milk till smooth. Boil the milk, sugar and cinnamon together,

and pour on to the cornflour. Return and boil for ten minutes, stirring all the time. Rinse a mould with cold water and pour it in. When cold turn on to a dish.

### MILK SCONES.

*$\frac{1}{2}$  lb. flour, 1 level teaspoonful cream of tartar,  $\frac{1}{2}$  level teaspoonful carbonate of soda,  $1\frac{1}{2}$  oz. of butter, 1 teaspoonful of castor sugar,  $\frac{1}{4}$  pint of milk.*

Sift the flour, cream of tartar, and carbonate of soda together. Rub the butter into the flour; add the sugar and mix to a paste with the milk. Roll out and cut out with a small round cutter, or a wineglass. Bake in a good oven for about fifteen minutes.

### MUTTON BROTH.

*1 lb. scrag end of mutton, 1 quart of water, 1 dessert-spoonful of pearl barley, 1 teaspoonful of chopped parsley, salt.*

Cut the mutton into small joints. Put it into a saucepan with the water; add the salt, and bring to the boil. Skim well. Add the barley. Simmer gently for three hours, keeping it well skimmed, then shake in the parsley. If vegetable flavouring is allowed, this broth is immensely improved by the addition of an onion, carrot and turnip, cut into dice, and cooked in the broth.

### GRILLED CHOP.

Make up a clear fire. Season the chop with pepper and salt. Brush the gridiron over with butter or a little salad oil. Cook about four minutes on each side. Dish. Mix a small pat of butter with a little chopped



parsley, lemon juice, and cayenne, and place it on the chop. Serve immediately.

### SWEET OMELET.

*2 yolks of egg, 3 whites of egg, 1½ oz. of castor sugar, 1 teaspoonful of flour, ¼ teaspoonful of vanilla, 1 tablespoonful of jam.*

Put the yolks of egg and castor sugar into a basin and stir them with a wooden spoon to a thick cream. Lightly stir in the flour, and add the whites whipped to a stiff froth. Flavour with vanilla. Place in a buttered omelet-pan and bake in a quick oven for ten minutes. Turn out; place the jam in centre, and fold over.

### FISH SOUFFLÉ.

*1 whiting, ½ oz. of butter, 1 oz. of flour, ½ gill of milk, 1 egg, ½ gill of cream.*

Take the flesh of the whiting from the bone; melt the butter; stir in the flour; add the milk, and cook till it leaves the sides of the pan quite clean. Pound this panada, the fish and the egg well in the mortar. Season well. Rub through a sieve. Add the cream whipped. Steam in buttered dariole moulds for fifteen minutes. Turn out and serve with sauce, as for fillets of sole, omitting the parsley.

Any other kind of fish may be used, or raw chicken or game. Quarter of a pound will be needed.

### WHITE WINE WHEY.

*½ pint of milk, ½ glass of sherry, sugar to taste.*

Boil the milk. Pour the sherry in, when the milk boils it will curdle. Strain through muslin. Serve the

wey hot. The curds are indigestible. This is given sometimes as a hot drink for colds.

### LEMON JELLY.

*½ pint of lemon juice, 1½ pint of water, 6 ozs. of loaf sugar, 1 inch of cinnamon, 4 cloves, 2½ ozs. sheet gelatine, the rind of four lemons thinly cut, 2 whites of egg and the shells.*

Put all these ingredients into a saucepan together. Whisk until it boils. Let it stand for five minutes. Strain through a clean cloth scalded. Set in a mould when clear. When it is firm turn out. If wine is desired, one gill of sherry may be put in and that quantity of water omitted. Jelly is tempting and refreshing, but contains very little nourishment.

### CHICKEN CREAM.

*¼ lb. raw chicken or veal, ¾ oz. of butter, 1 egg, 1 white of egg whipped, ½ gill of cream.*

Pound the chicken in a mortar; add the whole egg and seasoning. Rub through a sieve. Stir in half the whipped white of egg and the cream whipped. Place in small buttered moulds. Steam gently for about fifteen minutes. Serve with a nice white sauce. Pheasant or game may be cooked in this way if wished.

### CHICKEN CROQUETTES.

*3 ozs. of cooked chicken, 1 oz. of cooked ham, ½ oz. of butter, ¼ oz. of flour, ½ gill of stock or milk.*

Chop the chicken and ham finely. Make a sauce with the butter, flour and stock. Season. Put in

the chicken, parsley, and ham. Mix well. Turn into a plate to cool. Form into balls. Egg and crumb, and fry in boiling fat. Dish on lace paper.

### STEWED OYSTERS.

*12 oysters, 1 oz. of butter,  $\frac{1}{2}$  oz. of flour, 1 gill of oyster liquid or milk,  $\frac{1}{2}$  gill of cream, 1 yoke of egg, 1 teaspoonful of lemon-juice, a small blade of mace.*

Blanch the oysters. Make a sauce with the butter, flour, and milk. Bring to the boil, add the mace, lemon-juice, and cream. Let it simmer for ten minutes. Beard the oysters and cut in two. Add the oysters and yolk of egg to the sauce. Make very hot together; take out the mace, and serve.

### EGG FLIP.

*1 egg, 1 dessert-spoonful of castor sugar, 1 glass of sherry or brandy.*

Stir the raw yolk and sugar in a tumbler till creamy, then add the wine. Beat the white to a stiff froth, and stir it lightly in. Serve. Half the juice of a lemon may be used instead of the wine, if liked.

### EGG WINE.

*1 egg, 1 glass of sherry, 2 lumps of sugar,  $\frac{1}{2}$  pint of boiling water.*

Beat the egg up well, add the sugar and sherry. Pour the boiling water on to the egg. Return to the saucepan, and stir till it thickens. Do not boil or it will curdle. Serve. If liked it can be served when the boiling water is poured on, and need not be cooked in the saucepan.

# MENU SUGGESTIONS

## FOR FAMILY MEALS.

### BREAKFAST MENUS.

	PAGE		PAGE
I. Fish Omelet.	(42)	V. Cod's Roe Croûtes.	(114)
Curried Kidneys.	(53)	Scrambled Eggs.	(117)
Porridge and Milk.	(105)	Ham Cake.	(112)
Tea and Coffee.	(150)	Tea and Coffee.	
Bread and Butter, Toast.		Hot Scones.	(136)
Preserves.		Bread and Butter, Toast.	
		Preserves.	
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II. Boiled Eggs.	(116)	VI. Fried Whiting.	(162)
Fish Cakes.	(40)	Buttered Eggs.	(117)
Savoury Potenta.		Porridge and Milk.	(105)
Tea and Cocoa.	(108)	Chocolate and Tea.	
Bread and Butter, Toast.	(150)	Bread and Butter, Toast.	
Marmalade.		Preserved Ginger.	
		-----	
III. Grilled Bacon.		VII. Chicken Croquettes.	(166)
Rice Cutlets.	(104)	Savoury Poached Eggs.	(109)
Coffee and Chocolate.	(150)	Cereal and Milk.	
Hominy and Milk.		Cocoa and Coffee.	(150)
Rolls and Butter, Toast.		Rolls, Toast, Butter and	
Honey.		Marmalade.	
		-----	
IV. Kedgeree of Haddock.	(39)	VIII. Savoury Haddock	
Fried Sausages.		and Tomatoes.	(38)
Porridge and Milk.	(105)	Ham Omelet.	(111)
Tea and Coffee.	(150)	Hominy with Cheese	(117)
Bread and Butter, Toast.		Tea and Coffee.	(150)
Jam.		Buttered Toast.	
		Bread and Butter. Jam.	

### LUNCHEON MENUS.

I. Tapioca Soup.	(12)	III. Mutton Broth.	(8)
Chicken Cutlets.	(69)	Fish Omelet.	(42)
Sauté Potatoes.	(88)	Grilled Kidneys.	(52)
Cauliflower au Gratin.	(98)	Fried Potatoes.	(88)
Macaroni Pudding.	(126)	Vanilla Soufflé.	(163)
		-----	
II. Fried Sole.	(162)	IV. Roast Neck Lamb.	(43)
Ragoût of Mutton.	(49)	Mint Sauce.	(85)
Boiled Potatoes.	(87)	Boiled Potatoes.	(87)
Brussels Sprouts.		Savoys or Cabbages.	(93)
Orange Jellies.	(141)	Fruit Tart.	(142)

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V.	Lentil Soup.	(7)	Baked Potatoes.	(88)	
	Fried Plaice.	(29)	Cheese—Celery.		
	Anchovy Sauce.	(79)	Pulled Bread.		
	Pancakes.	(132)	Coffee.	(150)	
	Cheese and Biscuits.		—————		
	Coffee.	(150)	VIII.	Curried Fish.	(37)
	—————			Grilled Chops.	(164)
VI.	Steak and Kidney			Savoury Potatoes.	(92)
	Pudding.	(62)		Spinach.	(95)
	Mashed Potatoes.	(87)		Manchester Pudding.	(124)
	Seakale and Sauce Hol-			Cheese and Biscuits.	
	landaise.	(82)		—————	
	Caramel Rice Pudding.	(138)	IX.	Carrot Soup.	(12)
	Dessert.			Salmi of Pigeon.	(76)
	—————			Tossed Potatoes.	(89)
VII.	Vegetable Soup.	(9)		Haricot Beans.	(97)
	Roast Sirloin Beef.	(43)		Brown Bread Pudding.	(120)
	Horseradish Sauce.	(80)		Salmon Toast.	(111)
	Yorkshire Pudding.	(147)		Dessert.	

## DINNER MENUS.

I.	Consommé Imperiale.	(19)	III.	Red Mullet.	(33)
	Fried Smelts.	(36)		Chicken Cutlets.	(69)
	Fillets of Beef & Tomatoes.	(72)		Fried Sprouts.	(95)
	Potato Croquettes.	(89)		Sauté Potatoes.	(88)
	Roast Pheasant.			Rhubarb Tart.	(142)
	Endive Salad.	(102)		Spanish Croûtes.	(141)
	Vanilla Soufflé.	(163)		—————	
	Coffee.	(101)	IV.	Potato Soup.	(6)
	—————			Fried Soles.	(33)
II.	Croûte-au-Pot.	(16)		Stewed Duck and Turnips.	(69)
	Veal Escalopes.	(55)		Baked Tomatoes.	(96)
	Vegetable Marrow.	(94)		Apricot Pudding.	(122)
	Roast Fowl and Bread			Cheese Balls.	(115)
	Sauce.	(68)		—————	
	Baked Tomatoes.	(96)	V.	Celery Soup.	(5)
	Potato Straws.	(92)		Sole-au-Gratin.	(33)
	Caramel Pudding.	(119)		Loin Veal stuffed.	(55)
	Cheese Toast.	(109)		Tomato Sauce.	(81)
				Fricasséed Potatoes.	(90)
				Coffee Cream.	(139)

	PAGE		PAGE	
VI.	Consommé Brisse.	(20)	Macaroni Croquettes.	(109)
	Baked Trout.	(31)	Lettuce Salad.	(99)
	Roast Mutton.	(43)	Apple Charlotte.	(126)
	Baked Potatoes.	(88)	—————	
	Stewed Mushrooms.	(99)	VIII. Tapioca Soup.	(12)
	Arrowroot Soufflé.	(159)	Fricassée of Chicken.	(75)
	—————		Spinach.	(95)
VII.	Grilled Soles.	(32)	Boiled Potatoes.	(87)
	Roast Shoulder of Lamb		Apple Fritters.	(131)
	and Green Peas.	(51)	Cheese—Celery.	

## SUPPER MENUS.

I.	Rice Soup.	(10)	VI.	Fish Omelet.	(42)
	Grilled Chicken.	(75)		Broiled Partridge.	(69)
	Fried Potatoes.	(88)		Potato Straws.	(92)
	Welsh Rarebit.	(109)		Green Salad.	(99)
	—————			Vanilla Blanc-mange.	(122)
II.	Fried Sole.	(162)		Stewed Fruit.	
	Melted Butter Sauce.	(78)		—————	
	Roast Fowl.	(68)	VII.	Mutton Broth.	(8)
	Potato Salad.	(91)		Baked Haddock.	(31)
	Jam Omelet.	(132)		Fillets of Beef, Tomatoes.	(88)
	—————			Apricot Cream.	(140)
III.	Carrot Soup.	(12)		Salmon Toast.	(111)
	Roast Pork.	(58)		—————	
	Apple Sauce.		VIII.	Berlin Steaks.	(48)
	Potato Fritters.	(93)		Mashed Potatoes.	(87)
	Caramel Rice Pudding.	(138)		Lettuce Salad.	(99)
	—————			Cold Ham.	
IV.	Minced Beef and			Lemon Jelly.	(141)
	Poached Eggs.	(73)		Anchovy Eggs.	(116)
	Spinach.	(95)		—————	
	Salmi Pigeon.	(76)	IX.	Beef Steak Pie.	(62)
	Potato Balls.	(91)		Boiled Potatoes.	(87)
	Egg Jellies.	(161)		Cauliflower and White Sauce.	(78)
	—————			Semolina Pudding.	(125)
V.	Mulligatawny Soup.	(13)		Fruit and Dessert.	
	Chicken Cutlets.	(69)		Coffee.	(150)
	Mashed Potatoes.	(87)			
	Apple Tart.	(142)			
	Cheese and Celery.				

## DINNER PARTY MENUS.

### *With Special Recipes.*

#### A Recherché Dinner Menu for January.

- \* *Consommé Chiffonade.*  
*Filets de Barbue au gratin.*  
*Salmi de Perdreaux.*  
*Artichauts à la Barigoule.*  
*Filet de Bœuf braisé.*  
*Pommes de terre Duchesse.*  
*Canard rôti. Salade d'Oranges.*  
*Charlotte à la St. José.*  
*Huîtres à la Diable.*

#### \* *Consommé Chiffonade.*

This is clarified double beef stock to which a garniture of finely shredded lettuce, green peas, tarragon and chervil leaves, and a few sprigs of green mint are added. The garniture must be tossed in very little butter and be cooked separately in a small quantity of stock, seasoning being added according to taste.

#### A Recherché Dinner Menu for February.

- Petite Marmite.*  
*Saumon bouilli, Sauce Verte.*  
*Selle d'Agneau rôtie aux Epinards.*  
*Jambon de Prague.*  
*Sauce Cumberland.*  
*Sarcelle rôtie.*  
*Salade de Saison. Pommes Julienne.*  
 \* *Pêches à la Melba.*  
*Friandises. Sardines Diablés.*  
*Dessert.*

#### \* *Pêches à la Melba.*

For this dish fresh peaches should be used. Halve and peel firm but ripe peaches, and cook slowly until tender in a vanilla flavoured syrup. Let them get thoroughly cold and serve them piled around a mound of vanilla ice cream, in a silver dish set in another dish of shaved ice. Pour over a rich raspberry syrup, which must be previously iced.

**A Recherché Dinner Menu for March.**

*Potage de Tomates à l'Americaine.*  
*Darne de Cabillaud grillé, Sauce Tartare.*

*Pâté de Cailles.*

*Flageolets à la Poulette.*

*Gigot d'Agneau rôti.*

\**Pommes de Terre Anna.*

*Petits Pois au beurre.*

*Bombe glacée Richelieu.*

*Compôte de Mirabelles.*

*Pâtisseries assorties.*

*Dessert.*

**\* Pommes de Terre Anna.**

Wash, peel, and trim eight to ten oval-shaped potatoes, slice them as thinly as possible. Wash, drain, and dry the slices on a cloth, then season them with salt and pepper. Range the potatoes in a well-buttered "Anna" pan or mould, using a liberal supply of oiled butter between the layers. Cook them in a fairly hot oven from 25 to 30 minutes, pour off the butter, and turn the potato shape on to a hot dish, then serve.

**A Recherché Dinner Menu for April (Lent or Maigre Menu).**

*Crème de laitues.*

*Éperlans frits à la Brochette.*

*Vol-au-vent de Gnochis.*

*Darne de Saumon braisé.*

*Salade de Cardons.*

\**Tomates à l'Americaine.*

*Abricots à la Condé.*

*Croûtes aux Champignons.*

*Fruits and Dessert.*

**\* Tomates à l'Americaine (Cold).**

Procure eight or more even-sized ripe but firm tomatoes, steep them in boiling (salted) water for a few seconds and skin each. With a sharp knife cut each tomato crossways, but do not cut them right through. Place them on the ice for two or three hours. Prepare a rather firm mayonnaise sauce, flavour it with tarragon vinegar. Season the tomatoes with salt and pepper and dish them up. Pour a dessert-spoonful of the prepared mayonnaise in the centre of each. Sprinkle over a little finely chopped tarragon and chervil. Dish up, garnish with fresh parsley, and serve.



**A Recherché Dinner Menu for May.***Consomme à l'Impériale.**\* Truites à la Chambord.**Quenelles de Volaille à la Nantaise.**Canetons d'Aylesbury.**Salade Médici.**Artichauts au beurre.**Pouding aux Cerises. Dâmes d'honneur.**Dessert.***\* Truites à la Chambord.**

Par-cook the trout in seasoned water, containing carrot, onion, bay-leaf, and a little red wine. When done take up and carefully remove the skin. Place the fish in a sauté-pan, cover with brown marinade sauce, and finish cooking. Dish up neatly, and garnish with small fish quenelles, crayfish and small fleurons of puff pastry. Sauce over the front carefully with marinade sauce, and serve hot.

**A Recherché Dinner Menu for June.***Hors-d'Œuvre variés.**Bisque de Homard.**Timbales de Filets de Sole.**Ris d'Agneau braisés en caisses.**Haricots verts sautés.**Poularde à l'Ecoissaise.**Pommes Soufflées. Salade française.**Charlotte de Cerises.**\* Croûtes à la Norfolk.**Dessert. Café noir. Liqueurs.***\* Croûtes à la Norfolk.**

Cut out some oblong slices of stale bread and fry them in clarified butter. Spread them on one side only with bloater paste mixed with a little paprika pepper. Spread a layer of whipped cream over the paste. Cut in neat strips some fillets of smoked herring. Arrange these strips in a lattice pattern on the top of the cream alternately with strips of red pimientos. Dish up neatly and serve cold.

**A Recherché Dinner Menu for July.**

*Œufs à l'Andalouse.*  
 \**Consomme à la Colbert.*  
*Soles frites au Citron.*  
*Chaudroid de Quenelles de Veau.*  
*Cailles bardées à la Broche.*  
*Salade d'été.*  
*Bananes farcies aux fraises.*  
*Fruits et Dessert.*  
*Café à la Turque.*

**\* Consommé Colbert.**

This is a rich beef chicken stock nicely clarified and seasoned to taste. Very small poached eggs neatly shaped are placed into the soup tureen (one egg being allowed to each person). The soup is poured over carefully, some finely shredded herbs, parsley, tarragon, and chervil, are sprinkled over it; the soup is then ready for serving.

**A Recherché Dinner Menu for August.**

*Croûte au pot.*  
*Filets de Grondin à la Mornay.*  
*Filets de Bœuf à la Bordelaise.*  
*Pommes à la Bignon.*  
*Poulet rôti. Salade.*  
*Aubergines au gratin.*  
*Reine-Claudes à l'Impératrice.*  
 \**Canapés de Bananes.*  
*Fruits et Dessert.*

**\* Canapés de Bananes.**

Slice four peeled bananas lengthways and cut each in halves; dip them in seasoned cornflour. Fry these in clarified butter to a golden brown and drain. Season with salt, pepper, and paprika. Place them on neatly shaped slices of toasted bread. Dish up and serve hot.

**A Recherché Dinner Menu for September.***Olives d'Espagne farcies.**Purée de Céleri.**Turbot à la Hollandaise.**\* Rouelles de Veau.**Gigot de Mouton braisé à la Bretonne.**Pommes Pailles.**Soufflé au Riz.**Gaufrettes Suisses.**Laitance de Cabillaud fumé.***\* Rouelles de Veau.**

Cut  $\frac{1}{2}$  lb. of lean veal into even-sized cube shapes, insert a few strips of larding bacon into each cube. Melt two ounces of butter in a sauté-pan, put in the meat and fry over a quick fire for a few minutes, then add six chopped mushrooms, two finely chopped shallots, and blend them together. Sprinkle over a table-spoonful of flour, stir and moisten with a gill of beef stock and a glass of Chablis, bring to the boil and simmer for twenty minutes, season with salt and pepper. Lastly add chopped parsley, half gill of cream, and two yolks of eggs. Keep on the hot stove for another ten minutes, and serve.

**A Recherché Dinner Menu for October.***Consommé à la Dauphine.**\* Barbue bouillie, sauce huitres.**Carré de Mouton braisé aux Navets.**Sorbet à l'Impériale.**Dindon rôti au cresson.**Salade Italienne.**Savarin au Rhum.**† Compôte de Poires.**Dessert.***\* Barbue Bouillie, Sauce aux Huitres.**

Trim and wipe one small or half a large brill, cook it in salted water containing the juice of half a lemon; when done, take it up, drain, and garnish with parsley, and serve with a well-made oyster sauce.

**† Compôte de Poires.**

Peel thinly the pears and core them; if very small they may be left whole, otherwise halve them lengthwise. Boil them in sufficient syrup to almost cover them, till the fruit is tender, adding the juice of a lemon and half its rind. Also a few drops of liquid carmine or cochineal if a red or pink tint is desired. Allow the fruit to cool in the syrup. Strain it and reduce it further. Mask the pears well with syrup before dishing up.

**A Recherché Dinner Menu for November.**

*Consommé Demi-Tortue.*  
*Filets de Sole à la Salamandre.*  
*Ris de Veau à la Régence.*  
*Poularde de Bresse rôtie.*  
 \* *Salade Japonaise.*  
*Soufflés au Céléri.*  
*Pouding à la Saxon.*  
*Glace Montreuil.*  
*Canapés de filets de Harengs.*  
*Dessert.*

**\* Salade Japonaise.**

Cut into thin slices two cold potatoes and four truffles, season with salt, pepper, and grated nutmeg, pour over a glass of Chablis or Sauterne wine, cover and allow to stand for an hour, then add eighteen cooked mussels, cut in halves; mix with one table-spoonful of finely chopped onion or shallot, one teaspoonful of chopped parsley, and enough salad dressing to well moisten the mixture. Put in a salad bowl and garnish with lettuce leaves, anchovy filets, and stoned olives.

**A Recherché Dinner Menu for December.**

*Potage crème de riz.*  
*Turbot, sauce Hollandaise.*  
*Bœuf garni à la Voltaire.*  
*Chou-fleur à la Crème.*  
*Timbale de Foie-gras.*  
*Faisan de Bohême.*  
 \* *Salade Impériale.*  
*Bombe Nesselrode.*  
*Pâtisseries.*  
*Paillettes au Parmesan.*  
*Fruits and Dessert.*

**\* Salade Impériale.**

Cut the white portion of two heads of well washed celery into fine shreds, season with salt and pepper and mix carefully with two table-spoonfuls of whipped cream, and about four table-spoonfuls of mayonnaise sauce. Range neatly in a salad bowl and garnish as border with finely shredded black truffle. Besprinkle with very little paprika pepper, and serve.

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